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The Schoolgirl's Book of Private Devotion

600101728P

A Book of

Private Devotion for Girls.

With Prayers and Instructions for the Holy Communion,

Abridged from

"The Bread of Life,"

By the same Author.

By the

Rev. A. D. CRAKE, B.A.,

Sometime Chaplain of All Saints' School, Bloxham, Joint Author of "The Priest's Book of Private Devotion."

Oxford and London:

A. R. MOWBRAY & CO.

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PREFACE.

THIS adaptation of the Manual of Devotion written for the boys of All Saints' School, Bloxham, has been made at the request of many mothers and governesses, in the hope that it may be found as helpful and suitable for the use of the young of the gentler sex, as it has already been in the case of their brothers, some fifteen thousand of whom have found greater or less profit in its use: for although originally compiled for the alumni of one particular school, it soon spread far beyond such circumscribed limits.

The training of the future mothers of England in the fear and love of God is a work of the utmost importance to both Church and State. In days when scepticism and unbelief raise their pitfalls on either hand, the hope of the future lies much in the influence the mothers' gentle lessons shall exert on the coming manhood of England. Their sons may, indeed, like St. Augustine of old, stray away under the manifold temptations, both intellectual and physical, which beset the opening springtide of life, but

again and again the "bread cast upon the waters" will return after many days. And when either men or women have drunk, as boys or girls, of the fulness of Catholic theology, with its wondrous adaptation to the needs of the heart, there is little doubt that if they stray, and by the grace of God are found again, they will only be satisfied with the faith, the whole faith, "once delivered to the saints."

Therefore there is no attempt at compromise in the matter of dogmatic teaching and the devotional practices which are its result, in this little manual. Religion without dogma is the sentimental watchword of many; to the editor such pietism is like the jelly-fish, utterly wanting in backbone: it can never give strength to wage the incessant warfare against the world, the flesh, and the devil, which the true soldier of the Cross has to wage.

Therefore the basis of this book is the Catholic Faith as held by the east and west alike, before their unhappy division; the inheritance alike of the Church of England, and every other true branch of the great Vine, untainted by the mediæval and modern corruptions which had their birth after the great schism.

At the same time great care has been taken to give the book a simple, practical character, free from high-pitched and exalted aspirations, which must be unreal for the average girl or boy. The editor prefers the *objective* tone in devotion, and

feels that many books of devotion are far too *subjective* for the young. The well-known difference in this respect between ancient and modern hymnology, exists also in the devotional outpourings of our fathers and their children. The editor has endeavoured to seek the *old* paths and walk therein, in this, his labour of love, for therein is, as he believes, the true rest for the soul.

It is now many years since these devotions and instructions were first compiled, and each of them is full of reminiscences, and recalls hours which are "to memory dear," hours when the words, which may look cold and formal as written, became lighted up with light from above, when in preparation for Confirmation, in hours of blest communion, and on the sick-bed, its forms became vivified with spiritual life. Not long since the writer opened an old letter telling of the death of a former pupil who was taken ill in the holidays following his confirmation, and died of lingering decline. "The little books," says the bereaved father, who has himself been since called to his rest, speaking of *Simple Prayers* and the *Bread of Life* (the original volumes from which this work is compiled), "were daily in his hands while he had power to use them, and I have reason to think that by the frequent study of them, there was produced that perfect calmness, which characterized the closing days of his brief life here

below." Such memories are a deeper reward than any mere earthly success could convey.

This adaptation has been executed by the sister of the author, who has for many years been associated with the sisters of St. Thomas in the work at St. Ann's School, Oxford, the school so long and affectionately known as "Rewley,"—and her long experience in religious education, which dates from a very early period, gives the author the fullest confidence in entrusting the work to her care. *His* share in the adaptation is simply the Preface.

May God grant that from the seed thus sown an abundant harvest may be reaped in heaven.

A. D. C.

HAVENSTREET VICARAGE, I.W.,
ASCENSION-TIDE, 1885.

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The Calendar.

JANUARY

1. THE CIRCUMCISION *of our Lord*
6. THE EPIPHANY, *or Manifestation of Christ to the Gentiles.*
8. S. Lucian, Priest and Martyr, A.D. 290.
13. S. Hilary, Bishop of Poictiers, A.D. 368.
18. S. Prisca, Virgin and Martyr, A.D. 270.
20. S. Fabian, Bishop of Rome, and Martyr, A.D. 250.
21. S. Agnes, Virgin and Martyr at Rome, A.D. 304.
22. S. Vincent, Deacon and Martyr at Valencia, A.D. 304.
25. CONVERSION *of* S. PAUL, A.D. 34.

FEBRUARY.

1. Vigil. Fast.
2. PURIFICATION *of the Blessed Virgin Mary.*
3. S. Blasius, Bishop of Sebaste, in Cappadocia, A.D. 316.
5. S. Agatha, Virgin and Martyr in Sicily, A.D. 251.
14. S. Valentine, Bishop and Martyr at Rome, A.D. 270.
23. Vigil. Fast.
24. S. MATTHIAS, *Apostle and Martyr.*

MARCH.

1. S. David, Archbishop of Wales, A.D. 544.
2. S. Chad, Bishop of Lichfield, A.D. 673.
7. S. Perpetua, Martyr at Carthage, A.D. 203.
12. S. Gregory, Bishop of Rome, A.D. 604.
18. S. Edward, King of the West Saxons, A.D. 978.
21. S. Benedict, Abbot, A.D. 543.
24. Vigil. Fast.
25. ANNUNCIATION *of the Blessed Virgin Mary.*

APRIL.

3. S. Richard, Bishop of Chichester, A.D. 1253.
4. S. Ambrose, Bishop of Milan, A.D. 397.
19. S. Alphege, Archbishop of Canterbury, A.D. 1012.
23. S. George, Martyr at Nicomedia, A.D. 303.
25. S. MARK, *Evangelist and Martyr.*

MAY.

1. S. PHILIP and S. JAMES, *Apostles and Martyrs.*
3. The Finding of the Holy Cross, A.D. 326.
6. S. John, before the Latin Gate of Rome, A.D. 95.
19. S. Dunstan, Archbishop of Canterbury, A.D. 988.
26. S. Augustine, Archbishop of Canterbury, A.D. 604.
27. The Venerable Bede, Monk, A.D. 735.

JUNE.

1. S. Nicomede, Bishop and Martyr at Rome, A.D. 90.
5. S. Boniface, Bishop of Mayence, and Martyr, A.D. 775.
11. S. BARNABAS, *Apostle and Martyr at Cyprus.*
17. S. Alban, First Martyr of Britain, A.D. 303.
20. Translation of the Body of S. Edward the Martyr, A.D. 982.
23. Vigil. Fast.
24. NATIVITY *of* S. JOHN BAPTIST.
28. Vigil. Fast.
29. S. PETER, *Apostle and Martyr*, A.D. 69.

JULY.

2. Visit of the Blessed Virgin Mary to S. Elisabeth.
4. Translation of the Body of S. Martin, A.D. 473.
15. Translation of the Body of S. Swithin, A.D. 971.
20. S. Margaret, Virgin and Martyr at Antioch, A.D. 278.
22. S. Mary Magdalene.
24. Vigil. Fast.
25. S. JAMES, Ap. and Martyr (*the Brother of S. John*), A.D. 43.
26. S. Anne, Mother of the Blessed Virgin Mary.

AUGUST.

1. Lammas Day, or S. Peter's Deliverance from Prison, A.D. 44.
6. Transfiguration of our Blessed LORD.
7. Feast of the Holy Name of JESUS.
10. S. Laurence, Deacon and Martyr, A.D. 258.
23. Vigil. Fast.
24. S. BARTHOLOMEW, *Apostle and Martyr.*
28. S. Augustine, Bishop of Hippo, A.D. 430.
29. Beheading of S. John Baptist, A.D. 32.

SEPTEMBER.

1. S. Giles, Abbot in France, A.D. 724.
7. S. Enurchus, Bishop of Orleans, A.D. 340.
8. Nativity of the Blessed Virgin Mary.
14. Exaltation of the Holy Cross, A.D. 335.
17. S. Lambert, Bishop of Mæstricht, A.D. 709.
20. Vigil. Fast.
21. S. MATTHEW, *Apostle, Evangelist, and Martyr.*
26. S. Cyprian, Bishop of Carthage, and Martyr, A.D. 258.
29. S. MICHAEL, *and* ALL ANGELS.
30. S. Jerome, Priest and Doctor of the Church, A.D. 420.

OCTOBER.

1. S. Remigius, Bishop of Rheims, A.D. 533.
6. S. Faith, Virgin and Martyr at Agen, A.D. 290.
9. S. Denys, Bishop and Martyr at Paris, A.D. 273.
13. Translation of the Body of S. Edward the Confessor, A.D. 1066.
17. S. Etheldreda, Virgin, Abbess of Ely, A.D. 679.
18. S. LUKE, *Evangelist and Martyr.*
25. S. Crispin, Martyr at Soissons, A.D. 288.
27. Vigil. Fast.
28. S. SIMON and S. JUDE, *Apostles and Martyrs.*
31. Vigil. Fast.

NOVEMBER.

1. ALL SAINTS' DAY.
6. S. Leonard, Abbot at Limoges, A.D. 559.
11. S. Martin, Bishop of Tours, A.D. 397.
13. S. Britius, Bishop of Tours, A.D. 444.
15. S. Machutus, Bishop of Alett, A.D. 564.
17. S. Hugh, Bishop of Lincoln, A.D. 1200.
20. S. Edmund, King of East Anglia, and Martyr, A.D. 870.
22. S. Cecilia, Virgin and Martyr at Rome, A.D. 230.
23. S. Clement, Bishop of Rome, and Martyr, A.D. 100.
25. S. Catherine, Virgin and Martyr at Alexandria, A.D. 307.
29. Vigil. Fast.
30. S. ANDREW, *Apostle and Martyr* in Greece.

DECEMBER.

6. S. Nicholas, Bishop of Myra, A.D. 342.
8. Conception of the Blessed Virgin Mary.
13. S. Lucy, Virgin and Martyr in Sicily, A.D. 304.
20. Vigil. Fast.
21. S. THOMAS, *Apostle and Martyr.*
24. Vigil. Fast.
25. CHRISTMAS DAY.
26. S. STEPHEN, *Deacon and Martyr*, A.D. 34.
27. S. JOHN, *Evangelist and Apostle*, A.D. 101.
27. THE HOLY INNOCENTS.
31. S. Sylvester, Bishop of Rome, A.D. 335.

Moveable Holy Days.

Advent Sunday.—The Sunday nearest the Feast of S. Andrew. There are four Sundays in Advent, after which follows—(1) Christmas; (2) Epiphany. The Sundays are then reckoned after Epiphany until—

Septuagesima.—Nine weeks before Easter. The following Sundays are—(1) Sexagesima; (2) Quinquagesima. The Wednesday after Quinquagesima is—

Ash Wednesday.—The first day in Lent.

Passion Sunday.—The fifth Sunday in Lent, when the Church begins to commemorate the Passion: see the Epistle for the day.

Palm Sunday.—The first day of Holy Week, when our LORD entered Jerusalem in triumph. Wednesday in Holy Week, the Betrayal.

Maundy Thursday.—The institution of the Holy Communion.

Good Friday.—The Cross and Passion.

Easter Eve.—Our LORD in the Grave.

EASTER-DAY.—The Resurrection. Easter-tide lasts forty days, until—

ASCENSION-DAY.—When our Lord ascended into heaven. Ascension-Tide lasts ten days, and is followed by—

WHITSUNDAY.—The day of Pentecost, the descent of the HOLY GHOST. The next Sunday is—

Trinity Sunday.—The Sundays are now called Sundays after Trinity, until Advent Sunday.

The year of the Church is divided into two portions—the first reaching from Advent to Trinity, wherein we commemorate the various events of our Lord's earthly life; the second from Trinity to Advent, wherein we endeavour to apply His sacred teaching to our souls.

In Advent we prepare to welcome His coming in the flesh; at Christmas we join with the shepherds in adoring the new-born King; on the Circumcision we behold Him obedient to the law for us; at Epiphany we come again to greet Him with the wise men; on the Purification we behold Him presented in His Father's temple, and again greet Him in company with Simeon and Anna. In Lent we strive to remember His forty days' fasting in the wilderness; in Passion Week His sorrowful Passion; and in Holy Week we follow his steps from His entry into Jerusalem on Palm Sunday, till we stand beneath the Cross on Good Friday. On Easter Eve we contemplate the grave; and on Easter Day welcome the Resurrection. On Ascension Day we gaze with the Apostles towards that home whither He is gone to prepare a place for us; and ten days later, rejoice with them over the fulfilment of His promise in the Descent of the Holy Ghost, on Whitsunday.

Then, on the Sunday after, Trinity Sunday, we commence the second half of the Christian year.

Days of Fasting and Abstinence.

1. The forty days of Lent.
2. All the Fridays in the year.
3. The Vigils (see Calendar).
4. The Ember Days, being the Wednesday, Friday, and Saturday before the fourth Sunday in Advent; the second Sunday in Lent; Trinity Sunday; and after Holy Cross Day (Sept. 14th).

5. The three Rogation Days, being the three days before Ascension Day.

(1) *The forty days of Lent are observed in memory of our Lord's fasting in the wilderness;* (2) *the Fridays, in remembrance of His Passion;* (3) *the Vigils, to show that, like the Saints, we must enter glory through suffering;* (4) *the Ember Days, to pray for those about to be ordained; and* (5) *the Rogation days, to ask God's blessing on the fruits of the earth.*

Instructions on Christian Doctrine.

What every Christian ought to Believe.

I. Every Christian must believe that there is one God, and *only* one God; of infinite power, wisdom, and goodness: Who is a Spirit, and knows all things, and can do all things: Who created man out of dust, and made heaven and earth, and all that therein is. He never had any beginning, and will have no end; He is everywhere present, and nothing can be hidden from His sight.

II. We must believe that in this one God there are three Persons,—God the Father, Who made us; God the Son, Who redeemed us; God the Holy Ghost, Who sanctifieth us,—These three Persons are all equal,—the Father, is made of none; the Son, Who was begotten of the Father before all worlds; and the Holy Ghost, Who proceedeth from the Father and the Son. And although there are three Persons, yet they are all three one and the same God, having one and the same Will.

III. We must believe that this Holy God first created the Angels, that they might love and serve Him for

ever; but being gifted with free will, part of them fell away and became devils; that then He created our first parents: that they sinned against Him by disobedience, and involved all their posterity in their fall, hence we are born in sin and the children of wrath, and are utterly incapable of meriting salvation, or of redeeming ourselves from the curse of original sin.

IV. Every Christian must believe that GOD the SON, for us men and for our salvation, came down from heaven, and being still GOD, became man, being incarnate by the HOLY GHOST of the Virgin Mary, combining in one Person the properties of the Divine and human natures, so that while He can sympathise with us, being man, He can succour us, being GOD. He is anointed to be our Prophet, Priest, and King, and therefore (1) we accept His teaching given through His Word and by His Church; (2) we look to the One Sacrifice offered by Him for salvation; and (3) we acknowledge Him as our sovereign LORD, to Whom all obedience is due.

V. We must believe that, during His mortal life, He founded the Christian religion, by His wonderful teaching and miracles; that He perfectly fulfilled the law of His heavenly FATHER, by a life of sinless obedience in the flesh; that He completed that life of obedience and voluntary sacrifice by His death upon the Cross, whereby He made a full, perfect, and sufficient Sacrifice, Oblation, and Satisfaction, for the sins of the whole world, without which neither mercy nor grace could be given unto us.

VI. We must believe that when His Soul left the Sacred Body, It descended into the place called in the Creed "Hell or Hades," in the Scriptures, "Abraham's bosom," and by the Fathers, "Limbus," where the souls of the Faithful departed before Him, awaited His coming; that He "preached unto the spirits in prison,"

thus fulfilling the prophecy of Isaiah, that He should proclaim deliverance to the captives, and the opening of the prison to them that were bound, whence He translated them to Paradise.

VII. We must believe that, having died for our sins, He rose again for our justification; that He remained upon earth forty days, speaking of the things pertaining to the kingdom of GOD (the Church upon earth); that finally He ascended into heaven, in the full perfection of our human nature, (1) to send us the HOLY SPIRIT as the teacher of the Church; (2) to present His one abiding Sacrifice for us; (3) to prepare a place for us, that where He is we may be also; and (4) to reign until He has put all enemies under His feet.

VIII. We must believe that He *still* sitteth on the right hand of GOD, to plead and make intercession for us; and that He will come again at the end of the world to judge the quick and the dead, when all men will rise again with their bodies. to give an account for their own works; and they who have done good shall go into life everlasting, and they who have done evil into everlasting fire.

IX. We must believe that GOD has established His Holy Catholic Church upon earth, to last until He shall come again; that He made His twelve Apostles His first ministers, and they laid their hands in turn upon others, who were afterwards called Bishops, to fill their places, and continue the succession, in like manner, to the end of the world.

X. This Church is one, having *one* LORD, *one* Faith, and *one* Baptism. It is Holy, teaching a *Holy* Doctrine, inviting to a *Holy* Life, and having the means to make its members *Holy*. It is Catholic (or universal), teaching *all* Truth, existing throughout *all* ages, and extending to *all* nations. It is Apostolic, continuing in the Apostles' *doctrine* and *fellowship*, and deriving its ministry by continuous succession from them.

XI. Into this Church we were all admitted by Baptism, wherein we were made members of CHRIST, children of GOD, and inheritors of the Kingdom of Heaven, cleansed from the sin in which we were born, and engrafted into the mystical Body of CHRIST.

XII. We must believe that in this Church the Saints have Communion with GOD the FATHER through our LORD JESUS CHRIST; with GOD the SON, in Whose mystical Body they are incorporated; with GOD the HOLY GHOST, Who dwelleth in them as in a temple: with the holy Angels, who are ministering spirits sent forth to minister to those who are heirs of salvation: with the Faithful departed, who aid us by their intercessions, and for the consummation of whose bliss we pray; and with the Faithful on earth, being by one Spirit baptized into one Body.

XIII. We must believe also in the Forgiveness of Sins, through the Blood of JESUS CHRIST, applied through the operation of the HOLY GHOST, to those who repent and truly believe: firstly, in the one Baptism for the remission of sins, and furthermore *especially* through the *ministry of reconciliation*, whereby His ministers declare and pronounce to His people being penitent, the absolution and remission of their sins; for if we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

XIV. He has also appointed Confirmation, whereby those who have already been baptized, are strengthened by the sevenfold gifts of the HOLY GHOST; the Spirit of Wisdom and Understanding; of Counsel and Ghostly Strength; of Knowledge and True Godliness; and the Holy Fear of the LORD.

XV. Furthermore, in this Church He has instituted and ordained the Eucharistic Sacrifice, whereby His death is pleaded before the FATHER, and His Body and Blood become the nourishment of our souls, under

the outward forms of Bread and Wine. Thus is our LORD a priest for ever after the order of Melchizedek, and thus we present the pure Offering prophesied by Malachi, as the principal worship of the Church upon earth, wherein CHRIST is invisibly present as our Priest and Victim, in Whom all the types of the Jewish law are fulfilled.

XVI. He has also instituted Ordination, whereby ministers are set apart, by the laying on of hands, to be Bishops, Priests, or Deacons, in direct succession from the Apostles; and without these three orders there is no Church. To Deacons is committed the discharge of the lower ministerial functions, including authority to preach and to baptize; to Priests of showing forth the LORD's death in the Eucharistic sacrifice, of blessing in the Name of the LORD, and of absolving the penitent; to Bishops, the additional power of imparting the gifts which they have themselves received, by the laying on of hands.

XVII. In this Catholic Church, which is the pillar and ground of the truth, and which He has commanded all men to hear, He has deposited the Holy Scriptures, to be received and admitted by all Christians as the Rule of their Faith and Practice, in accordance with the teaching of the Church, which is the witness and keeper of Holy Writ.

XVIII. Finally, we must believe in the necessity of Divine Grace, without which we cannot even make one step towards heaven; that all our merits are the gift of GOD, through JESUS CHRIST, Who died for all men; to Whom, with the FATHER and the HOLY GHOST, be glory for ever and ever. Amen.

CHRIST is gone up: yet, ere He passed
From earth in heaven to reign,
He formed one Holy Church, to last
Till He should come again.

His twelve Apostles first He made
  His ministers of grace;
And they their hands on others laid,
  To fill in turn their place.

So age by age, and year by year,
  His grace was handed on;
And still the Holy Church is here,
  Although her LORD is gone.

Let those find pardon, LORD, from Thee,
  Whose love to her is cold;
Bring wanderers in, and let there be
  One Shepherd and one Fold.

Rule of Life.

1. When rising, give your first thoughts to GOD, and allow no worldly ideas to enter your mind, until you have discharged your duties towards Him: rise early, so that you may never be forced to shorten your devotions.

2. When present at Divine Service, restrain your thoughts from wandering; remember that GOD has said, "Where two or three are gathered together in My Name, there am I in the midst of them."

If you do not understand all the words, still use them, and believe that a blessing will follow humble faith and obedience; but do your best to pray with the spirit and with the understanding also.

3. Always kneel, sit, or stand at the proper times, and perform such acts of reverence as are customary, quietly, without making yourself conspicuous, remembering that GOD looks at the heart. Be careful not to omit the responses, and to set a good example to those who are younger than yourself.

4. Go to your meals with a pure intention to take that which is necessary for the support of nature, because it is GOD'S will, without gluttony or excess, to eat that you may live, not to live that you may eat; never forget to join earnestly in grace, or, if alone, to say it privately.

5. In the beginning of your daily studies, beg the assistance of GOD, and remember that S. Paul has said, "If a man will not work, neither should he eat"; your studies are your work, whereby you fulfil the sentence passed upon all mankind, "In the sweat of thy brow shalt thou eat bread."

6. Let your recreations be always innocent; never seek any amusement upon which you could not ask the blessing of GOD: above all, never seek pleasure in that which gives pain to others, and never permit amusement to become the business of your life.

7. Be greatly upon your guard in conversation; always show disapproval of evil, at least by silence; never jest about holy things. Never choose a friend who would belong to that class of whom it is said, "Fools make a mock at sin."

8. Strive not to let a day pass without reading some portion of the Bible, or some spiritual book, if it be in your power. Always begin your reading by invoking the assistance of GOD'S HOLY SPIRIT. Remember that when you pray, you speak to GOD; when your read His Word, He speaks to you.

9. Always strive to set apart more time for reading and prayer on Sundays and Holy-days. On Fast-days also,

deny yourself unnecessary luxuries, and give the money you thereby save to the poor. Remember that alms-giving is the duty of every Christian, and that "He that giveth to the poor lendeth to the LORD."

10. Always be kind and gentle to your schoolfellows, especially to new-comers, remembering that this commandment have we from GOD, that he who loveth GOD, should love his brother also.

11. Submit yourself to those who are put in authority over you for the sake of our LORD, who was subject to His earthly parents as a boy at Nazareth; always endeavour to take reproof patiently, and strive to obey the laws of the school, because obedience is the duty of a Christian child.

12. Always remember that your body is the temple of the HOLY GHOST, that GOD and His Holy Angels see you. Shun all that could defile mind or body in thought, word, or deed. Ever remember the childhood of your LORD; ask yourself what He would have done in your place. Let this be the motto of your life: "Looking unto JESUS."

"*Do all things like a man, not sneakingly;*
Think thy king seeth thee, for his King doth."

GEORGE HERBERT, 1632.

Daily Meditation.

Go forth, my soul, another day
Go forth upon the pilgrim way:
Remember thou art not thine own,
Remember thou art not alone;

For GOD to thee thy being gave,
And JESUS died thy life to save:
And all around are those who need
Thy love in thought, and word, and deed
Thou hast a place in Heaven's plan:
Bring praise to GOD and good to man.
Do all to glorify thy GOD:
Tread in the path thy SAVIOUR trod:
Fear lest thy soul for ever die:
Thy flesh keep down and mortify:
In penitence forsake thy sin:
Each heavenly virtue strive to win:
Flee from the place of endless pain:
Press on the heavenly rest to gain:
Make ready for eternity:
Use well each hour that passes by:
With deeds of love thy life adorn:
The world's temptations learn to scorn:
Fight bravely with the powers of hell:
Beat down the passions that rebel:
Live to meet death without a fear—
To meet thy Judge with conscience clear.

The Lord's Prayer.

1. Our FATHER which art in Heaven,	*I desire my Lord God, our heavenly Father, Who is the Giver of all goodness to send His grace to me, and to all people: that we may—*
Hallowed be Thy Name :	*worship Him :*
2. Thy kingdom come :	*serve Him :*
3. Thy will be done :	*and obey Him,*
In earth as it is in Heaven :	*as we ought to do,*
4. Give us this day our daily bread :	*and that He will send us all things that be needful both for our souls and bodies :*
5. And forgive us our trespasses, as we forgive them that trespass against us :	*and that He will be merciful unto us and forgive us our sins :*
6. And lead us not into temptation :	*and that it will please Him to save and defend us in all dangers, ghostly and bodily,*
7. But deliver us from evil.	*and that He will keep us from all sin and wickedness, and from our ghostly enemy and from everlasting death,*
Amen.	*and this I trust He will do of His mercy and goodness through our Lord Jesus Christ, and therefore I say Amen, so be it.*

The Apostles' Creed.

I BELIEVE in GOD the FATHER Almighty, Maker of heaven and earth :

And in JESUS CHRIST His only SON our LORD, Who

was conceived by the HOLY GHOST, Born of the Virgin Mary, Suffered under Pontius Pilate, Was crucified, dead, and buried, He descended into Hell: The third day He rose again from the dead, He ascended into heaven, And sitteth on the right Hand of GOD the FATHER Almighty; From thence He shall come to judge the quick and the dead.

I believe in the HOLY GHOST; the Holy Catholic Church; The Communion of Saints; The Forgiveness of sins; the Resurrection of the body, And the life everlasting. Amen.

By this faith into which all Christians are baptized we learn to believe:—

(1) *In God the Father, Who hath made us and all the world;*

(2) *In God the Son, Who hath redeemed us and all mankind:*

(3) *In God the Holy Ghost, Who sanctifieth us and all the elect people of God.*

The Ten Commandments.

I. Thou shalt have none other gods but Me.

This Commandment teaches us to believe, fear, love, and serve God with all our heart, soul, mind, and strength.

II. Thou shalt not make to thyself any graven image, nor the likeness of anything that is in heaven above, or in the earth beneath, or in the water under the earth. Thou shalt not bow down to them, nor worship them: for I the LORD thy GOD am a jealous GOD, and visit the sins of the fathers upon the children, unto the third

and fourth generation of them that hate Me, and show mercy unto thousands in them that love Me, and keep My commandments.

This Commandment teaches us to worship Him, to give Him thanks, to put our whole trust in Him, and to call upon Him.

III. Thou shalt not take the Name of the LORD thy GOD in vain; for the LORD will not hold him guiltless that taketh His Name in vain.

This Commandment teaches us to honour His Holy Name and His Word.

IV. Remember that thou keep holy the Sabbath-day. Six days shalt thou labour, and do all that thou hast to do; but the seventh day is the Sabbath of the LORD thy GOD. In it thou shalt do no manner of work, thou, and thy son, and thy daughter, thy man-servant, and thy maid-servant, thy cattle, and the stranger that is within thy gates. For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day; wherefore the LORD blessed the seventh day, and hallowed it.

This Commandment teaches us to serve Him truly all the days of our life.

V. Honour thy father and thy mother, that thy days may be long in the land which the LORD thy GOD giveth thee.

This Commandment teaches us to love, honour, and succour our father and mother; to honour and obey the Queen, and all who are put in authority under her; to submit ourselves to all our governors, teachers, spiritual pastors, and masters; and to order ourselves lowly and reverently to all our betters.

VI. Thou shalt do no murder.

This Commandment teaches us to hurt nobody by word or deed, and to bear no malice nor hatred in our hearts.

VII. Thou shalt not commit adultery.

This Commandment teaches us to keep our bodies in temperance, soberness, and chastity.

VIII. Thou shalt not steal.

This Commandment teaches us to keep our hands from picking and stealing, and to be true and just in all our dealings.

IX. Thou shalt not bear false witness against thy neighbour.

This Commandment teaches us to keep our tongues from evil speaking, lying, and slandering.

X. Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his servant, nor his maid, nor his ox, nor his ass, nor anything that is his.

This Commandment teaches us not to covet or desire other men's goods, but to learn and labour truly to get our own living, and to do our duty in that state of life unto which it shall please God to call us.

The Eight Beatitudes.

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they that mourn, for they shall be comforted.
3. Blessed are the meek, for they shall inherit the earth.
4. Blessed are they that do hunger and thirst after righteousness, for they shall be filled.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure in heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called the children of God.
8. Blessed are they that are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

The Golden Rule.

1. Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind.
2. Thou shalt love thy neighbour as thyself.

The Precepts of the Church.

(*From Bishop Cosin.*)

1. To observe the Festivals and Holy Days appointed.
2. To keep the Fast days with devotion and abstinence.

3. To observe the Ecclesiastical customs and ceremonies established, and that without frowardness or contradiction.

4. To repair unto the public services of the Church for Matins and Evensong, with other holy offices, at times appointed, unless there be a just and unfeigned cause to the contrary.

5. To receive the Blessed Sacrament of the Body and Blood of Christ with frequent devotion, and three times a year at the least, of which times Easter to be always one. And for better preparation thereto, as occasion is, to disburden and quiet our consciences of those sins that may grieve us, or scruples that may trouble us, to a learned and discreet Priest, and from him to receive advice and the benefit of absolution.

The Seven Spiritual Works of Mercy.

WHICH YOU SHOULD PERFORM AS OCCASION OFFERS.

To counsel the doubtful.
To instruct the ignorant.
To warn sinners.
To comfort the afflicted.
To forgive injuries.
To bear wrongs patiently.
To pray for others.

The Seven Corporal Works of Mercy.

To feed the hungry, and give drink to the thirsty.
To clothe the naked.
To harbour the stranger and the needy.
To visit the sick.
To minister unto prisoners and captives.
To visit the fatherless and widows.
To bury the dead.

The Seven Deadly Sins and their opposite Virtues.

Pride — Humility

If men knew me as God knows me, what occasion should I have for pride?

Anger — Patience

Who when He was reviled, reviled not again; when He suffered He threatened not.

Envy — Love

If a man love not his own brother whom he hath seen, how shall he love God Whom he hath not seen?

Covetousness — Liberality

I was hungry and ye gave Me no meat, thirsty and ye gave Me no drink.

Gluttony — Temperance

And faring sumptuously every day.

Lust — Chastity

How shall I do this great wickedness and sin against God?

Sloth — Diligence

Not slothful in business but fervent in spirit, serving the Lord.

The Seven Gifts of the Holy Ghost.

Wisdom teaches us to consider our latter end, to choose the service of God, and renounce that of the Devil.

Understanding raises our mind to the comprehension of the mysteries of the Faith, in their application to our individual souls.

Counsel directs us to make a right choice in the things which relate to our Salvation.

Ghostly Strength enables us to defy our spiritual enemies, and to overcome temptation.

Knowledge reveals GOD to the soul, as it is written :—"And this is life eternal, to *know* Thee the only true GOD, and JESUS CHRIST, Whom Thou hast sent; Whom to *know* is everlasting life."

True Godliness consists of the perfect fulfilment of our duty towards GOD and our neighbours, as set forth in the Commandments.

The Holy Fear of the LORD gives us that reverential awe of His name and His word of which it is written :—"The fear of the LORD is the beginning of wisdom."

The Twelve Fruits of the Holy Ghost.

1, Love; 2, Joy; 3, Peace; 4, Longsuffering; 5, Gentleness; 6, Goodness; 7, Faith; 8, Meekness; 9, Patience; 10, Modesty; 11, Temperance; 12, Purity.

The Three Theological Virtues.

Faith.—A gift of GOD whereby we firmly acknowledge all that GOD has revealed, in His Word, or through His Church, and put our whole trust in JESUS CHRIST for our Salvation.

Hope.—A second gift of GOD, whereby we grasp His promises, until Hope be lost in fruition; and whereby we live as heirs of life everlasting.

Charity.—A third gift of GOD, which is the greatest of the three, whereby we love GOD with all our heart, soul, mind, and strength, and our neighbour as ourself. 1 Cor. xiii.

Quatuor Novissima.

Death.	Judgment.
Hell.	Heaven.

First Form of Morning Prayer.

(FOR YOUNGER GIRLS.)

✠

When you are dressed, kneel down very reverently, compose your thoughts, and say—

✠ In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

I. O MOST loving SAVIOUR JESUS CHRIST, Who didst suffer little children to come unto Thee, and didst lay Thy holy Hands upon them, and bless them, look upon me also Thy child, and bless me, and keep me this day from all evil, both in body and soul.

II. I thank Thee that Thou hast kept me in safety through the night, and brought me once more to the light of another day; and especially, O my GOD, I thank Thee for having given to me my kind friends, my daily food, my clothing, and all that I have, for making me Thy child in Baptism, and keeping me from harm by night and by day; make me very grateful for Thy love.

III. I am sorry with all my heart that I have ever sinned against Thee. I desire to hate all sin, because it grieves Thee. By Thy help, I will never do wrong any more. O good GOD, forgive me the past, and help me to do better for the time to come.

IV. O sweet JESUS, Son of Mary, hear me, and make me pure and holy in thought, word, and deed; keep me from being unkind or cross to those around me; make me diligent in my work, and help me to do my duty to my dear father and mother, and to obey

all whom Thou hast set over me; make me truthful and honest; keep me from being greedy or covetous; teach me always to remember that I am Thy child whom Thou hast redeemed by Thy precious Blood, that I may be a good child for Thy sake.

V. Bless my dear father and mother, brothers and sisters, and all my friends; bless my teachers and school-fellows, and grant that we may all love and serve Thee more and more.

Grant that I may live to be a comfort to my parents, and, as I grow in years, may grow in Thy grace and favour, and may be made fit to come to heaven when I die, and to be happy with Thee for ever. Amen.

(*If you wish to add any other prayers, do so here.*)

VI. Our FATHER, Which art in heaven, etc.

VII. May GOD Almighty, the FATHER, the SON, and the HOLY GHOST, bless, preserve, and keep me now and for evermore. Amen.

First Form of Evening Prayer.

(FOR YOUNGER GIRLS.)

✠ In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

I. O MOST loving SAVIOUR JESUS CHRIST, Who didst suffer little children to come unto Thee, and didst lay Thy holy Hands upon them and bless

them, look upon me also Thy child, and bless me, and keep me this night from all evil, both of body and soul.

II. I thank Thee that Thou hast kept me in safety through the day, and brought me once more to rest in peace.

I thank Thee for having given to me my kind friends, my daily food, my clothing, and all that I have.

I thank Thee for sending Thy dear Son to die for me; for having made me Thy child when I was baptized; and for making me an heir of Thy heavenly kingdom.

O my GOD, make me grateful for Thy love!

III. And now add one more blessing, that I may see and know all the faults I have fallen into to-day, and give me sorrow for them.

O Holy Spirit, pour Thy light into my heart, that I may see all that I have done amiss to-day.

Ask yourself these Questions—

1. Did I say my morning prayers properly?
2. Have I tried to attend during divine service?
3. Have I been disobedient or idle?
4. Have I quarrelled with any one?
5. Have I told untruths?
6. Have I been greedy or covetous?
7. Have I had any wicked thoughts, or done any bad or wicked thing?

Then say—

O GOD, my Heavenly FATHER, I grieve over all the sins I have done, through my own fault, especially ———, and over all those of my past life. Forgive me, for Thy dear SON's sake, all that is past, and grant that I may sin no more. Wash me in the Blood of Thy dear SON, and I shall be clean. LORD, hear my prayer, for His sake. Amen.

IV. O LORD JESUS CHRIST, Who wast obedient to Thy parents, Mary and Joseph upon earth, look, in Thy mercy, upon my dear father and mother, and make me a good child; give me grace to love them, and give them grace to love Thee more and more all the days of their lives.

Bless my brothers and sisters, my teachers and schoolfellows, and all my friends. Grant that we may grow daily in Thy love.

V. O LORD, Who never slumberest nor sleepest, be pleased to watch over me this night; let my guardian angel stand by me, to watch over me and keep me from harm; and grant that I may awake in the morning pure and sinless in Thine holy eyes. Amen.

(*If you wish to add any other prayers, do so here.*)

VI. Our FATHER, etc.

VII. May GOD Almighty, the FATHER, the SON, and the HOLY GHOST, bless, preserve, and keep me this night, and for evermore. Amen.

Second Form of Morning Prayer.

(FOR OLDER GIRLS.)

When you awake, give your first thoughts to God, and say—

O God, Thou art my God, early will I seek Thee.
Blessed be the Father, Who created me;
Blessed be the Son, Who redeemed me;
Blessed be the Holy Ghost, Who sanctifieth me.

While you wash and dress, you may pray mentally—

Create in me a clean heart, O God;
And renew a right spirit within me.
Purge me with hyssop, and I shall be clean;
Wash me, and I shall be whiter than snow.

When you are dressed, kneel down very reverently; remember you are about to speak unto the God in Whom you live, move, and have your being.

I. *Place yourself in the presence of God, and say—*

✠ In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

O MY God, I firmly believe that Thou art present, and now seest me; that Thou knowest all my most secret thoughts; I confess that I am a grievous sinner, and unworthy to come before Thee. But Thy

goodness and mercy invite me to come to Thee in the Name of Thy dear SON. Assist me, therefore, by Thy grace, and send to me Thy Holy Spirit, to teach me to pray to Thee as I ought. Amen.

II. *Make a solemn act of thanksgiving to God for all His past mercies to you, and especially for preserving you throught the night.*

O ALMIGHTY GOD, my Heavenly FATHER, I bless Thee, and give Thee thanks for all Thou hast done for me, Thine unworthy child; I bless Thee that thou didst create me in Thy love, that Thou didst send Thy dear SON to die for me, that Thou didst make me Thine own child in Baptism, that thou hast preserved my life until this hour, that Thou dost help me by Thy Holy Spirit to pray to thee. And now, especially, I thank Thee that Thou hast preserved me through the night, and hast brought me in safety to the light of another day. What shall I render to Thee, O my GOD, for all Thy mercies? Teach me to give to Thee my heart, and to yield my body a willing sacrifice to Thee, and to serve Thee all the days of my life: through JESUS CHRIST our LORD. Amen.

III. *Here think with sorrow over your sins, and say—*

BUT, O my GOD, how often have I sinned against Thee through my fault, my own fault, my own most grievous fault; but by Thy grace I will offend Thee no more. I now renew my baptismal vow, I renounce the world, the flesh, and the devil; O make me Thy faithful soldier and servant, until my life's end. O forgive me the past, and blot out all mine iniquities in the Blood of Thy dear SON. By His holy life, and by His lifegiving death, O most blessed FATHER, forgive me, Thine unworthy child. Amen.

IV. *Here you may use prayers for the particular graces you most need* (*page* 56) *; think especially of your besetting sin, and say—*

O MOST loving FATHER, I resolve, by Thy help and through love of Thee, to forsake all occasion of ——— ; by Thy help I will conquer this sin, and will strive most earnestly this day to keep from it. But it is only by Thy help I can stand ; leave me not to myself ; and if through my weakness I fall, raise me up quickly for the sake of Thy dear SON. Amen.

Turn Thy face from my sins,
And blot out all my misdeeds :
Create in me a clean heart, O GOD,
And renew a right spirit within me.
LORD, hear my prayer,
And let my cry come unto Thee.

V. *Here you may add the collect for the day.*

VI. *Then you may add prayers of intercession for others from those given* (*page* 63).

VII. *Finally, conclude with the Lord's Prayer, and the Apostles' Creed, striving earnestly to say them with your whole heart.*

VIII. May the Almighty LORD order my days and actions in His peace. Amen.

Second Form of Evening Prayer.

(FOR OLDER GIRLS.)

I. *When you enter your chamber at night, be very silent; try to compose your thoughts, and to give your heart to God; place yourself in His presence Who searcheth the heart, and say–*

✠ In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

O MY GOD, I firmly believe that Thou art present, and now seest me; that Thou knowest all my most secret thoughts: I confess that I am a grievous sinner, and unworthy to come before Thee. But Thy goodness and mercy invite me to come to Thee in the Name of Thy dear SON. Assist me, therefore, by Thy grace, and send to me Thy Holy Spirit, to teach me to pray to Thee as I ought. Amen.

II. *Here make, as in the morning, an act of thanksgiving.*

O MOST merciful GOD, I render Thee thanks and praise for all the blessings Thou hast bestowed upon me through my life past, and more especially at this moment for Thy loving care and protection through the day.

And now, dear LORD, add this one blessing to the rest, that I may clearly discover the sins that I have committed this day, in thought, word, and deed, that no part of my guilt may be hidden from my eyes, but that I may see my sins, and detest them as I ought. Amen.

III. *Here ask yourself carefully the following questions: if you can answer them favourably, say—*

NOT unto us, O LORD, but unto Thy name give the praise.

But if you cannot thus answer them, say—

O GOD, wash away this sin, through the Blood of Thy dear SON.

1. Have I said my prayers reverently and devoutly to-day, or did I hurry them over through getting up late, or some similar reason?
2. Did I try to attend the service in Chapel or at Church?
3. Have I been patient and industrious in my work, doing it honestly as unto GOD, and not unto man?
4. Have I abstained from all sins of the flesh, in thought, word, and deed?
5. Have I been kind and loving to my companions, or have I given way to temper, and thought evil of any one?
6. Have I told any lie, or deceived any one?
7. Have I been greedy or covetous?
8. Have I spoken carelessly of GOD, and holy things, or used any profane words?
9. Have I any particular sin upon my conscience?

Now complete your confession, and say—

I CONFESS to GOD the FATHER Almighty, to His only-begotten SON JESUS CHRIST our LORD, and to GOD the HOLY GHOST, that I have sinned exceedingly in thought, word, and deed, through my fault, through my own fault, through my own most grievous fault: wherefore I pray GOD the FATHER Almighty, His only-begotten SON JESUS CHRIST our LORD, and GOD the HOLY GHOST, to have mercy upon me, and forgive me my sin.

MAY the Almighty GOD grant me pardon, absolution, and remission of all my sin.

By Thine Agony and Bloody Sweat, by Thy Cross and Passion, good JESUS deliver me.

Turn Thy face from my sins,
And put out all my misdeeds.
Create in me a clean heart, O GOD,
And renew a right spirit within me.
Cast me not away from Thy presence,
And take not Thy Holy Spirit from me.
LORD, hear my prayer,
And let my cry come unto Thee.

IV. *Here may follow prayers for particular graces* (*page* 56, *etc.*).

V. *Next the collect for the day, as in the morning.*

VI. *After which you may add prayers of intercession for others* (*page* 63, *etc.*).

VII. Visit, I beseech Thee, O Lord, this school, and drive far from it all the snares of the enemy; may Thy holy Angels dwell in it to preserve us in peace; and may Thy blessing be upon us for evermore: through JESUS CHRIST our LORD. Amen.

O ALMIGHTY FATHER, who never slumberest nor sleepest, be pleased in Thy mercy to watch over me this night, and preserve me from all kind of danger both in body and soul. Preserve me waking, and defend me sleeping, that when I am awake, I may watch with CHRIST, and when asleep, I may rest in peace. Amen.

VIII. Our FATHER, etc. I believe, etc.

MAY the Almighty GOD, FATHER, SON, and HOLY GHOST, bless, defend, and keep me, this night and for evermore. Amen.

Now undress yourself and prepare for bed: before you enter it, you may say—

I WILL lay me down in peace, and take my rest, for it is Thou, LORD, only, that makest me dwell in safety.

And before you rest, say—

INTO Thy hands I commend my spirit, for Thou hast redeemed me, O LORD, Thou GOD of truth.

Third Form of Morning Prayer.

(FOR SENIOR GIRLS ONLY.)

These forms are added for the use of those girls who have outgrown the more simple ones, and wish to gain the habit of systematic prayer in their own words. They are not forms to be repeated, but directions intended to suggest oral or mental prayer.

I. When you awake, give your first thoughts to GOD, and remember that you have this day, as every day—

A GOD to glorify:
A soul to save:
Sins to repent of:
Mercy to crave:
The flesh to mortify:
Grace to attain:
Hell to avoid:
Heaven to gain.

II. When sufficiently dressed, place yourself in the presence of GOD; compose your thoughts and say—

✠ In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

III. Adore GOD as the Author of your being; the FATHER, Who has created you in His love, and sent His SON to die for you; the SON, Who has redeemed you by His blood; the HOLY GHOST, Who has sanctified you in Baptism, and daily applies the fruits of the Passion to your soul.

IV. Thank GOD for the mercies of the night; for the care of His holy Angels; for His love in Redemption, for the means of grace, and for the hope of glory.

Excite your love and gratitude.

V. Think of the sins to which you are most prone; ask forgiveness for sinful habits—for sins in thought, word, and deed; ask GOD to show you the lurking sins you are not aware of; make petition for—(1) forgiveness, (2) for resistance through the day. Dedicate yourself to Him; unite all your words, works, and sufferings to those of our Lord; make your resolutions for the day.

VI. Think of the season of the Church, and offer prayers to secure the especial blessing connected with it.

VII. Offer intercession for all you should pray for —Parents, Brothers, Sisters, Teachers, Schoolfellows, Friends, the Clergy, the Church at large, the Suffering, the Dying, the Faithful departed.

VIII. Conclude with the LORD'S Prayer, the Apostles' Creed, and 'May the Almighty LORD,' etc., as on page 38.

Third Form of Evening Prayer.

(FOR SENIOR GIRLS ONLY.)

✠ In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

I. PREPARATION. Place yourself in the presence of GOD as in the morning.

II. Thanksgiving as in the morning.

III. Preparation for self-examination. Ask grace to discover your sins in thought, word, and deed; go through the day, hour after hour; consider your failings with regard to GOD, your neighbour, and yourself.

(*If necessary, use the form given on page* 40.)

IV. Make an act of contrition for faults committed against your loving LORD and SAVIOUR; pray earnestly for pardon; make resolutions, by His help, to shun sin for the future; think of Magdalene, of the Lost Sheep, and of the Prodigal Son.

V. Make acts of faith, hope, and love.

VI. Commemorate the season as in the morning.

VII. Make acts of intercession as in the morning.

VIII. Pray for protection during the night, and for the guardianship of the holy Angels; pray for all those whom you especially desire to commend to GOD, that the day now past may have brought you and them a day nearer Heaven; and pray also that you may at last lie in the grave as peacefully as now in your bed.

IX. Conclude (as in the morning) with the LORD'S Prayer, the Apostles' Creed, and 'May the Almighty LORD,' etc., as on page 41.

Here, rising from your knees, prepare for bed. As you unclothe yourself, reflect that so must your soul at last, unclothed of its vesture of flesh, stand before God; pray that it may be with joy, and not with grief.

Let your last words be—

Into Thy hands I commend my spirit, for Thou hast redeemed me, O LORD Thou GOD of truth.

Hymns.

MORNING HYMNS.

I.

Now that the daylight fills the sky,
We lift our hearts to GOD on high,
That He, in all we do or say,
Would keep us free from harm to-day.

May He restrain our tongues from strife,
And shield from anger's din our life;
And guard with watchful care our eyes
From earth's absorbing vanities.

O may our inmost hearts be pure,
From thoughts of folly kept secure,
And pride of sinful flesh subdued
Through sparing use of daily food.

So we, when this day's work is o'er,
And shades of night return once more,
Our path of trial safely trod,
Shall give the glory to our GOD.

All praise to GOD the FATHER be;
All praise, Eternal SON, to Thee;
Whom, with the Spirit, we adore
For ever and for evermore. Amen.

II.

AWAKE, my soul, and with the sun
Thy daily stage of duty run;
Shake off dull sloth, and early rise
To pay thy morning sacrifice.

Redeem thy mis-spent time that's past,
And live this day as if thy last:
Improve thy talent with due care,
For the great day thyself prepare.

Let all thy converse be sincere,
Thy conscience as the noon-day clear;
Think how all-seeing GOD thy ways
And all thy secret thoughts surveys.

Wake and lift up thyself, my heart,
And with the Angels bear thy part,
Who all night long unwearied sing
Glory to the Eternal King.

Praise GOD from Whom all blessings flow,
Praise Him all creatures here below;
Praise Him above, angelic host;
Praise FATHER, SON, and HOLY GHOST. Amen.

III.

NEW every morning is the love
Our wakening and uprising prove;
Through sleep and darkness safely brought,
Restored to life, and power, and thought.

New mercies, each returning day,
Hover around us while we pray;
New perils past, new sins forgiven,
New thoughts of GOD, new hopes of heaven.

If on our daily course our mind
Be set to hallow all we find,
New treasures still, of countless price,
GOD will provide for sacrifice.

The trivial round, the common task,
Will furnish all we need to ask,
Room to deny ourselves, a road
To bring us daily nearer GOD.

Only, O LORD, in Thy dear love
Fit us for perfect rest above;
And help us this and every day,
To live more nearly as we pray. Amen.

EVENING HYMNS.

I.

BEFORE the ending of the day,
Creator of the world, we pray
That Thou with wonted love wouldst keep
Thy watch around us while we sleep.

O let no evil dreams be near,
Nor phantoms of the night appear;
Our ghostly enemy restrain,
Lest aught of sin our bodies stain.

Almighty FATHER, hear our cry
Through JESUS CHRIST our LORD most High,
Who, with the HOLY GHOST and Thee,
Doth live and reign eternally. Amen.

II.

GLORY to Thee, my GOD, this night
For all the blessings of the light;
Keep me, O keep me, King of kings!
Under Thine own Almighty wings.

Forgive me, LORD, for Thy dear SON,
The ills that I this day have done,
That with the world, myself, and Thee,
I, ere I sleep, at peace may be.

Teach me to live, that I may dread
The grave as little as my bed;
Teach me to die, that so I may
Rise glorious at the awful Day.

O may my soul on Thee repose,
And may sweet sleep mine eyelids close,
Sleep that shall me more vigorous make
To serve my GOD when I awake.

When in the night I sleepless lie,
My soul with heavenly thoughts supply,
Let no ill dreams disturb my rest,
No powers of darkness me molest.

Praise GOD from Whom all blessings flow;
Praise Him all creatures here below;
Praise Him above, angelic host;
Praise FATHER, SON, and HOLY GHOST. Amen.

III.

SUN of my soul, Thou SAVIOUR dear,
It is not night if Thou be near:
O may no earth-born cloud arise
To hide Thee from Thy servant's eyes.

When the soft dews of kindly sleep
My wearied eyelids gently steep,
Be my last thought how sweet to rest
For ever on my SAVIOUR'S breast.

Abide with me from morn till eve,
For without Thee I cannot live;
Abide with me when night is nigh,
For without Thee I dare not die.

If some poor wandering child of Thine
Have spurned to-day the voice divine,
Now, LORD, the gracious work begin;
Let him no more lie down in sin.

Watch by the sick: enrich the poor
With blessings from Thy boundless store:
Be every mourner's sleep to-night,
Like infant's slumbers, pure and light.

Come near and bless us when we wake,
Ere through the world our way we take;
Till in the ocean of Thy love
We lose ourselves in heaven above. **Amen.**

During the Day.

It is well to strive to raise our thoughts to God during the day, especially at the third hour (9 *o'clock* A.M.), *when the Holy Spirit descended upon the Apostles; at the sixth hour* (12 A.M.), *when our Lord was nailed to the cross; and at the ninth hour* (3 P.M.), *when He died.*

These forms of prayer may help you to do this, if time and circumstances permit.

Third Hour (9 A.M.).

℣. O Thou, Who at the third hour didst send the Holy Ghost upon Thine Apostles.

℟. Take not away Thy Holy Spirit from us, but renew Him daily in our hearts, and save us.

Come, Holy Ghost, Who ever One
Art with the Father and the Son;
Come, Holy Ghost, our souls possess
With Thy full flood of holiness.

In word and deed, by heart and tongue,
With all our powers, Thy praise be sung;
May love enwrap our mortal frame,
And others catch the living flame.

Almighty Father, hear our cry
Through Jesus Christ our Lord most High,
Who, with the Holy Ghost and Thee,
Doth live and reign eternally. Amen.

Prayer.

GOD, Who, as at this hour, didst teach the hearts of Thy faithful people by sending to them the light of Thy Holy Spirit: grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in His holy comfort; through the merits of Christ Jesus our Saviour, Who was also, at this hour, content to be led forth to death for us:

Who now liveth and reigneth with Thee, in the unity of the same SPIRIT, GOD, world without end. Amen.

OUR FATHER, etc.

MAY the grace of the HOLY SPIRIT, enlighten our hearts and minds all the days of our life. Amen.

THE SIXTH HOUR (NOON).

℣. O Thou, Who at the sixth hour didst nail the sins of the world to the same cross with Thyself.

℟. Blot out the handwriting of our offences that is written against us, and save us.

O GOD of truth, O LORD of might,
Who orderest time and change aright,
Brightening the morn with golden gleams,
Kindling the noon-day's fiery beams ;

Quench Thou in us the flames of strife,
From passion's heat preserve our life,
Our bodies keep from perils free,
And give our souls true peace in Thee.

Almighty Father, hear our cry
Through JESUS CHRIST our LORD most High,
Who, with the HOLY GHOST and Thee,
Doth live and reign eternally. Amen.

O MOST gracious JESUS, our LORD and our GOD, Who, as at this hour, didst bear our sins in Thine own Body on the Tree, that we being dead to sin might live unto righteousness, have mercy upon us, we beseech Thee, both now and at the hour of our death ; and grant unto us, Thy humble servants, with all other Christian people who have this Thy Blessed Passion in devout remembrance, a godly and peaceful life in this present world, and through Thy grace eternal glory in the life to come, where with the FATHER and the HOLY GHOST Thou livest and reignest, ever one GOD, world without end. Amen.

OUR FATHER, etc.

O SAVIOUR of the world, Who by Thy Cross and Precious Blood hast redeemed us; save us and help us, we humbly beseech Thee, O GOD.

THE NINTH HOUR (3 P.M.).

℣. O Thou, Who at the ninth hour, for us sinners and our sins, didst taste death.

℟. Mortify our members upon the earth, and whatsoever is contrary to Thy holy will, and save us.

O GOD, of all the Strength and Power,
Who dost, unmoved, each passing hour
Through all its changes guide the day,
From early morn to evening's ray;

Brighten life's eventide with light
That ne'er shall set in gloom of night,
Till we a holy death attain
And everlasting glory gain.

Almighty FATHER, hear our cry
Through JESUS CHRIST our LORD most High,
Who, with the HOLY GHOST and Thee,
Doth live and reign eternally. Amen.

HEAR us, O LORD, and remember now the hour in which Thou didst commend Thy blessed Spirit into the hands of Thy heavenly FATHER, when with a torn body, and a broken heart, Thou didst show forth Thy mercy by dying to deliver us from eternal death, and so assist us by that Thy most precious death, that, dying unto the world, we may live unto Thee, and that at the hour of our departing from this mortal life we may be received into Thine everlasting kingdom, there to reign with Thee, world without end. Amen.

OUR FATHER, etc.

O SAVIOUR of the world, etc.

Ejaculatory Prayer

WHEREBY "THE TRIVIAL ROUND, THE COMMON TASK" MAY BE SANCTIFIED AND DEDICATED TO GOD.

On first arising.—I laid me down and slept and rose again, for the LORD sustained me.

Glory be to Thee, O LORD, Who hast given us sleep to refresh the weary frame: order, sanctify, and govern all my energies, to Thy glory and the salvation of my soul.

While washing.—Wash me, O LORD, in the Blood of Thy dear SON, that I may be found worthy to join those who stand clothed in white before Thy throne.

While dressing.—Clothe me, O LORD, with humility, and adorn my soul with the gifts of Thy heavenly grace.

Before reading Holy Scripture.—Thy word is a lantern unto my feet, and a light unto my paths.

Grace before meals.—(℣.) The eyes of all wait upon Thee, O LORD. (℟.) And Thou givest them meat in due season. (℣.) Thou openest Thy Hand (℟.) And fillest all things living with plenteousness. Bless us, O LORD, and these Thy gifts, which of Thy bounty we receive, through JESUS CHRIST our LORD. Amen.

Grace after meat.—(℣.) All Thy works praise Thee, O LORD, (℟.) And Thy saints give thanks unto Thee. (℣.) Glory be, (℟.) As it was. For these and all His other mercies, GOD'S Holy Name be praised; through JESUS CHRIST our LORD. Amen.

When the clock strikes.—Watch therefore, for ye know neither the day nor the hour wherein the Son of Man cometh.

On going forth for a journey.—The LORD preserve my going out, and my coming in: from this time forth for evermore.

On a journey.—Show me Thy ways, O LORD, teach me Thy paths. Lead me forth in Thy truth and learn me, for Thou hast been my guide all the day long.

At its completion.—Then are they glad because they are at rest, and so He bringeth them unto the haven where they would be. O that men would therefore praise the LORD for His goodness, and declare the wonders that He doeth for the children of men.

In beginning any new undertaking.—Prevent us, O LORD, in all our doings with Thy most gracious favour, and further us with Thy continual help; that in all our works begun, continued, and ended in Thee, we may glorify Thy Holy Name, and finally by Thy mercy obtain everlasting life; through JESUS CHRIST our LORD. Amen.

Before taking medicine.—Heal me, O LORD, and I shall be healed, save me, and I shall be saved, for Thou art my praise.

In pain or agony.—If it be Thy Will let this cup pass from me, nevertheless not my will but Thine be done, for what son is he whom the Father chasteneth not?

In any danger.—The LORD Himself is my Keeper, the LORD is my defence upon my right hand.

Submission to God's Will.—

"Give me with Thee, at length to be,
And give me *here*, what pleaseth Thee."

At any moment.—

"Remember what thou art, and where,
A sinner in a world of care."

On hearing the passing bell.—Eternal rest give unto *him*, O LORD, and let perpetual light shine upon *him*.

At any moment.—O FATHER, sustain me by Thy power: O eternal SON, enlighten me by Thy wisdom: O HOLY SPIRIT, sanctify me by Thy indwelling.

In moments of doubt or unbelief.—LORD, I believe, help Thou mine unbelief.

"I believe whate'er the SON of GOD hath told,
What the Truth hath spoken, that for Truth I hold."

In temptation to anger.—Who being reviled, reviled not again: when He suffered He threatened not.

Forgive us our trespasses, as we forgive them that trespass against us.

In temptation to sloth.—

"The trivial round, the common task,
Will furnish all we need to ask,
Room to deny ourselves, a road
To lead us daily nearer GOD."

Not slothful in business, but fervent in spirit, serving the Lord.

In temptation to hatred or envy.—If a man love not his brother, whom he hath seen, how shall he love GOD whom he hath not seen?

Under temptation to sins of thought.—Let the meditation of my heart be always acceptable in Thy sight: O LORD, my strength, and my Redeemer. "For GOD shall bring every secret thought into judgment."

Under temptation to "idle words."—Set a watch, O LORD, before my mouth, and keep the door of my lips.

In any severe temptation.—✠ By Thy Cross and Passion: Good LORD, deliver me.

"O grant, O LORD, this mortal frame
May know no sin, may feel no shame,
Whereby the fires of hell may rise,
To torture me in fiercer wise."

After any fall.—Wash me throughly from my wickedness, and cleanse me from my sins. Create in me a clean heart O GOD, and renew a right spirit within me.

After any special mercy or blessing.—Praise the LORD, O my soul, and all that is within me praise His Holy Name. For like a Father pitieth his children, so is the LORD merciful to them that fear Him.

At sunset.—

"Grant when life's short day is past,
I may be with Thee at last."

At darkness.—Yea, the darkness is no darkness with Thee, but the night is as clear as the day: the darkness and light to Thee are both alike.

When you lie down.—✠ I will lay me down in peace, and take my rest, for it is Thou, LORD, only, that makest me dwell in safety.

"Teach me to live, that I may dread
The grave as little as my bed;
Teach me to die, that so I may
Rise glorious at the awful Day."

Last words ere sleeping.—Into Thy Hands, O LORD, I commend my spirit, for Thou hast redeemed me, O LORD, Thou GOD of Truth.

Prayers for Particular Graces.

The prayers which follow are petitions for particular graces, or for aid against particular sins, to be used as self-examination, or the counsel of those whom God has set over you, shall direct.

I. FOR HUMILITY, AGAINST PRIDE.

O LORD JESUS CHRIST, Who didst empty Thyself of Thy glory, and take upon Thee the form of a servant, grant that, following Thy steps in lowliness, meekness, and patience, I may receive that eternal reward which Thy merits and not mine have purchased, Who livest and reignest with the FATHER and the HOLY GHOST, world without end. Amen.

II. FOR CONTENTMENT, AGAINST COVETOUSNESS.

O THOU, Who for our sakes didst become poor, that we through Thy poverty might be rich, and hast taught us that godliness, with contentment,

is great gain, grant me such grace that I may not covet or desire other men's goods, but, being content with my own, may learn, and labour truly to do my duty in that station of life into which Thou art pleased to call me. Amen.

III. For Chastity, against Lust.

O MERCIFUL FATHER, Whose eye is ever on me, and Who knowest my most secret thoughts, send to me Thy HOLY SPIRIT, to make clean my heart within me. Let me never give way to any impure thoughts; keep my lips that they utter no evil words; let me never do anything that I know to be wrong or displeasing to Thee. Pardon all my past sins, and make and keep me pure in heart: through JESUS CHRIST our LORD. Amen.

IV. For Temperance, against Gluttony.

O BLESSED LORD, Who for our sakes didst endure hunger and thirst, grant me grace to use such abstinence, that my flesh may be subdued to the Spirit, and that I may serve Thee in temperance and sobriety all the days of our life. Amen.

V. For Meekness, against Anger.

O THOU, Who wast led as a lamb to the slaughter, and yet openedst not Thy mouth, grant me to follow Thy steps in lowliness, meekness, and gentleness, that, being reviled, I may not revile again, but overcome evil with good. Amen.

VI. For Diligence, against Sloth.

O GOD, Who through Thine Apostle S. Paul, hast said, If a man will not work, neither should he eat, grant that I may diligently improve the talents Thou hast committed to my care, and do my duty faithfully towards my parents, and those whom Thou hast set over me: through CHRIST our LORD. Amen.

VII. For Brotherly Love, against Envy.

O BLESSED Lord, Who hast bidden us to love our neighbour as ourselves, grant that, fulfilling Thy commandment, I may never repine at another's welfare, but may rejoice in his good as in mine own. Amen.

VIII. For Devotion, against Wandering Thoughts.

O THOU, Who didst spend whole nights in prayer to Thy Father, and hast bidden us also to watch and pray, grant that I may not draw near to Thee with my lips while my heart is far from Thee, but may yield Thee the devotion of my whole heart; and grant me such perseverance in prayer here upon earth, that I may praise Thee for ever in heaven. Amen.

IX. For Sincerity, against Deceit.

O HOLY God, Who searchest the heart and triest the reins, cleanse my heart from all hypocrisy and deceit, give me truth in the inward parts, and honesty in all that I do or say, that I may live as in Thy sight, unto Whom all hearts are open: through Jesus Christ our Lord. Amen.

X. For Obedience, against Self-will.

O LORD Jesus Christ, Who was subject when on earth to the will of those whom Thou hadst Thyself created, grant unto me such a spirit of obedience to all whom Thou hast set over me, that I may find favour in Thy sight, from Whom is all earthly authority and power. Amen.

XI. For Faith, against Unbelief.

O ALMIGHTY God, Whom without faith it is impossible to please, grant me that precious gift, the evidence of things not seen, that I may cheerfully

acknowledge, and readily obey all that Thou wouldst have me believe and do: through JESUS CHRIST our LORD. Amen.

XII. FOR CONTRITION, AGAINST IMPENITENCE.

O LORD GOD, Who dost not despise a broken and contrite heart, grant unto me true sorrow for my past sin, that I may say with the publican, 'GOD, be merciful to me a sinner!' and, like him, may obtain mercy: through JESUS CHRIST our LORD. Amen.

XIII. FOR THE LOVE OF GOD.

O BLESSED LORD JESUS, Who in Thy love hast embraced me upon the Cross, kindle in my heart such love towards Thee, that, loving Thee above all things, I may obtain Thy promises, which exceed all that I can ask or desire. Amen.

XIV. FOR DISTRUST OF SELF, AND TRUST IN GOD.

O GOD, Who hast made me Thy child, by adoption and grace, from Whom alone I have power to serve Thee, keep me ever near to Thee, and take from me all vain confidence in my own strength, for Thy dear SON'S sake, in Whom alone I can do all things. Amen.

XV. AGAINST PROFANE OR IRREVERENT LANGUAGE.

O GOD, Who hast said that for every idle word a man should speak he shall give account at the day of judgment, keep the door of my lips, that I may never utter anything displeasing to Thee, and fill me with reverence for Thy Holy Name and Word: through JESUS CHRIST our LORD. Amen.

XVI. AGAINST EVIL THOUGHTS.

O GOD, Who by the inspiration of Thy Holy Spirit dost cleanse the hearts of Thy children, grant that the tempter may not draw near to me to

tempt me with evil thoughts, but that Thy power may deliver me from his malice: through JESUS CHRIST our LORD. Amen.

XVII. FOR THE BLESSING OF GOD UPON OUR STUDIES.

O ALMIGHTY GOD, Who hast said that whatsoever we ask in prayer, believing, we shall receive; I beseech Thee to sanctify my daily studies by Thy blessing, to grant me diligence and perseverance, and to crown my labours with success, that so I may discharge my duties towards my parents, and become fitted to do my duty in that station of life into which Thou art pleased to call me: through JESUS CHRIST our LORD. Amen.

XVIII. FOR GRACE TO KNOW YOUR VOCATION OR CALLING IN LIFE.

O GOD, to Whom the present, past, and future are alike known, give me the help of Thy grace, and guide me in choosing my future path in life, so that I may embrace that calling wherein I may best glorify Thy Holy Name, and work out my own salvation: through JESUS CHRIST our LORD. Amen.

XIX. FOR GRACE TO HONOUR AND OBEY PARENTS.

O HEAVENLY FATHER, Who hast given a commandment in Thy law that children should honour their Fathers and Mothers, I most humbly beseech Thee to breathe Thy Holy Spirit into my breast, that I may reverence and honour my Father and Mother, not only with outward gestures of my body, but also with the unfeigned affection of my heart; that I may love them, obey them, pray for them, help them, and do for them, both in word and deed, whatsoever lieth in my power, that Thou, seeing my unfeigned, hearty goodwill toward my Parents, mayest become my loving heavenly Father, and number me

among those Thy children whom Thou shalt appoint to be inheritors of Thy glorious kingdom: through Thy well-beloved SON JESUS CHRIST our LORD. Amen.

XX. FOR PERSEVERANCE.

O ALMIGHTY GOD, Who hast said, 'He that endureth to the end the same shall be saved,' grant that I, being numbered amongst Thy children in Baptism, may ever abide a branch of the True Vine, and, continuing in Thy love here below, may at last be made a partaker of everlasting joy: through JESUS CHRIST our LORD. Amen.

XXI. FOR A HAPPY DEATH.

O LORD JESUS CHRIST, I beseech Thee to remember the hour when Thou didst commend Thy blessed spirit into the hands of Thy heavenly FATHER, and so assist me by that Thy precious death, that dying unto the world I may live unto Thee, and at the hour of my death commit my soul into Thy hands, O most merciful Redeemer and loving SAVIOUR. Amen.

Anniversaries.

I. FOR YOUR BIRTHDAY.

O ALMIGHTY GOD, Who hast mercifully preserved me during the past year, I render Thee thanks for the blessings Thou hast conferred upon me during its course; I grieve over the sins which have stained it, and beseech Thee to preserve me by thy grace during the new period of my life upon which I have now entered; so that growing in years I may also grow in Thy grace, and ever remain in the number of Thy faithful and elect children: through CHRIST our LORD. Amen.

II. For the Anniversary of your Baptism.

O HEAVENLY FATHER, Who didst as on this day regenerate me and make me Thy child by adoption and grace, forgive me my many acts of disobedience and sin during the past years of my life. Help me this day to renew my vows to Thee, against the world, the flesh, and the devil; keep me ever near to Thee; renew me daily by Thy Holy Spirit, that I may continue Thy faithful soldier and servant until my life's end: through JESUS CHRIST our LORD. Amen.

III. For the Anniversary of your Confirmation.

O GOD the HOLY GHOST, Who didst as on this day pour upon me Thy sevenfold gifts, renew me daily, that I may continue Thine for ever; shed abroad Thy light in my heart, inflame me with the fire of Thy love, open to me the treasures of Thy grace, lead me into all truth, inspire my prayers, kindle my faith, deepen my penitence, that I may increase in Thee more and more, until I come to Thine everlasting kingdom. Amen.

IV. For the Anniversary of your First Communion.

O GOD, Who through the ministry of Thy holy Angels didst so marvellously refresh Elijah in the desert, that he went in the strength of that meat unto Horeb, the Mount of GOD; grant unto me, whom upon this day Thou didst first marvellously refresh with the precious food of the Body and Blood of Thy dear SON, that I may pass safely through the wilderness of this world, and, in the strength of that meat, attain to Thy holy hill and to Thy dwelling: through the same JESUS CHRIST our LORD. Amen.

V. The Death of a Friend.

REMEMBER, O Lord our God, all those who have departed this life in Thy faith and fear, especially my dear ——. Grant them, O Lord, refreshment, light, and peace, in the land of the living, in Thy kingdom, in the bosom of Abraham, where sorrow, and pain, and sighing are banished away, where the Light of Thy Countenance ever shineth, and Thou dost wipe away all tears from the eyes of Thy people: through Jesus Christ our Lord. Amen.

Prayers of Intercession for Others.

Intercession for others is an act of Christian charity, especially enjoined by S. Paul upon all Christians, and is the best way both of increasing our love towards our brethren in Christ, and of putting it into exercise.

The following prayers will assist you to discharge this duty as time permits.

I. For your Parents.

O ALMIGHTY God, Who hast given unto me my Father and Mother, and hast made them to be an image of Thy tender love and care for me Thine unworthy child, help me to love them fervently, to honour them truly, to obey them readily, and to study their happiness in everything. Recompense them for the care they have taken of me, granting them all things necessary for soul and body here, and in the world to come eternal life: through Jesus Christ our Lord. Amen.

II. For Brothers and Sisters.

O HEAVENLY Father, bless my dear *brothers* and *sisters*, strengthen us in the holy bonds of

Thy love, by drawing us all nearer to Thee, till the love begun upon earth shall be perfected in heaven: through JESUS CHRIST our LORD. Amen.

III. FOR RELATIONS.

HAVE mercy, O LORD, upon all my relations and friends, and grant us all to love and serve Thee here, and praise Thee eternally hereafter: through CHRIST our LORD. Amen.

IV. FOR THE SCHOOL TO WHICH YOU BELONG.

(1) VOUCHSAFE, O merciful JESUS, to direct and prosper all that is done for the welfare of the servants in this school; and grant that all the members of the same may work together for the good of each other, to Thy honour and glory. Amen.

(2) O Thou true Light, that lightest every man that cometh into the world, do Thou in Thy mercy touch the hearts and lighten the understanding of all who are here gathered together, that they may readily acknowledge and cheerfully obey all that Thou wouldest have them believe and practise for the good of their souls. Amen.

(3) Remember, O merciful GOD, for good all who have gone from amongst us into the world; pour out upon them Thy Holy Spirit to strengthen and purify them, that, giving themselves up to Thy service here, they may reign with Thee in life everlasting. Amen.

(4) And pardon, O LORD, through Thy most precious Blood, the sins and infirmities of those whom Thou hast set over this school; save them from taking to themselves the glory of Thy work in the souls of others, O Prince of Pastors, Who livest and reignest with the FATHER and the HOLY GHOST, one GOD world without end. Amen.

V. For those at School.

O LORD Jesus Christ, Child of Bethlehem, everlasting God, bless, we beseech Thee, all those who are at school, to the end that they may be truthful, pure, obedient, ready to do their duty in that state of life to which it shall please Thee to call them, grant also to those whom Thou hast set over them grace so to bring them up for Thee, that they may hereafter be received by Thee, Who with the Father and the Holy Ghost livest and reignest, world without end. Amen.

VI. For the Queen, and those in Authority.

O ALMIGHTY God, Who by Thy holy Apostle, S. Paul, hast taught us to fear Thee and honour our earthly rulers, grant unto Thy chosen servant Victoria, our Queen and Governor, and to all that are put in authority under her, Thy heavenly guidance, that they may study to preserve Thy people committed to their charge in wealth, peace, and godliness, and for Thee: through Jesus Christ our Lord. Amen.

VII. For the Bishop.

O GOD, the Pastor and Ruler of Thy faithful servants, look down in Thy mercy upon Thy servant (——) our Bishop, to whom Thou hast given charge over this diocese; evermore guide, defend, comfort, and save him; and grant that he, with the flock committed to his charge, may attain everlasting life: through Jesus Christ our Lord. Amen.

VIII. For the Clergy.

ALMIGHTY God, Who alone workest great marvels, send down upon the Clergy of this diocese, and all congregations committed to their charge, the healthful spirit of Thy grace; and, that they may truly please

Thee, pour upon them the continual dew of Thy blessing: through JESUS CHRIST our LORD. Amen.

IX. FOR YOUR OWN PASTORS.

HAVE mercy, O GOD, upon those to whom Thou hast committed the care of my soul: pour out Thy Holy Spirit upon them, to strengthen and direct them in directing the flock committed to their care, that they and we may meet at Thy right Hand: through JESUS CHRIST our LORD. Amen.

X. FOR THE PARISH IN WHICH YOU LIVE.

ALMIGHTY GOD, Who dost govern all things in heaven and earth, mercifully hear the supplications of us Thy servants, and grant unto this parish all things that are needful for its spiritual welfare: through JESUS CHRIST our LORD. Amen.

XI. FOR THE CHURCH AT LARGE.

O LORD JESUS CHRIST, Who saidst unto Thine Apostles 'Peace I leave unto you, My peace I give unto you,' regard not my sins, but the faith of Thy Church, and grant unto Her that peace and unity which are acceptable to Thy Will, Who livest and reignest with the FATHER and the HOLY GHOST, one GOD, for ever and ever. Amen.

XII. FOR THE PEACE OF THE CHURCH AT HOME.

O GOD the FATHER of our LORD JESUS CHRIST, our only SAVIOUR, the Prince of Peace, give us grace seriously to lay to heart the great dangers we are in by our unhappy divisions. Take away all hatred and prejudice, and whatsoever else may hinder us from godly Union and Concord; that as there is but one Body and one Spirit, and one Hope of our Calling, one LORD, one Faith, one Baptism, one GOD

and FATHER of us all, so we may henceforth be all of one heart and of one soul, united in one holy bond of Truth and Peace, of Faith and Charity, and may with one mind and one mouth glorify Thee: through JESUS CHRIST our LORD. Amen.

XIII. FOR THOSE WITHOUT THE CHURCH.

O LORD JESUS CHRIST, Who art the Way, the Truth, and the Life, have mercy upon those without Thy fold, wandering in error (*especially* ——), and bring them to a knowledge of Thy truth. Unite them to Thee by the Sacraments of Thy love, that, partaking of the blessedness of Thy grace in this life, they may dwell with Thee in the life everlasting, Who livest and reignest with the FATHER and the HOLY GHOST, one GOD, world without end. Amen.

XIV. FOR THOSE WHO MAY HAVE BEEN YOUR COMPANIONS IN SIN.

O ALMIGHTY GOD, Who despisest not a broken and contrite heart, have mercy upon me, and all with whom I have sinned, in thought, word, and deed; look not upon our unworthiness, but upon Thy dear SON, who bare our sins in His own Body upon the tree; and for His sake forgive us the past, and grant us so to live here, that we may meet in heaven: through the same Thy dear SON CHRIST our LORD. Amen.

XV. FOR YOUR ENEMIES.

O LORD JESUS CHRIST, Who didst pray for Thy murderers, saying, 'FATHER, forgive them, for they know not what they do,' have mercy I beseech Thee, on those who have in any way injured me, and grant me Thy grace to return good for evil, who livest and reignest with the FATHER and the HOLY GHOST, one GOD, world without end. Amen.

XVI. For Travellers by Sea or Land.

O GOD, Who didst call Abraham to leave his home, and didst protect him in all his wanderings, grant to those who now travel by land or sea (*especially* ——) a prosperous journey, a quiet time, and a safe arrival at their journey's end. Be to them a shadow in the heat, a refuge in the tempest, a protection in adversity; and grant that, when life's pilgrimage is over, they may arrive at the heavenly country: through CHRIST our LORD. Amen.

XVII. For Mourners.

O GOD, Who dost hear the cry of Thy children and number their tears, have mercy upon those whom Thou hast afflicted in Thy love (*especially* ——), and grant them grace to submit to Thy Will, knowing that it is a FATHER's hand which holds the rod; so that this brief affliction, which is but for a moment, may work for them a far more abundant weight of glory: through CHRIST our LORD. Amen.

XVIII. For the Poor.

O LORD JESUS CHRIST, Who when on earth hadst not where to lay Thine Head, have mercy upon all those who are in poverty and distress. Be Thou the Comforter of the widow, the FATHER of the orphan, the succour of those in distress, and their wealth in poverty; minister to their bodily necessities; supply their wants while they dwell upon earth; and bring them to that eternal kingdom where there are no tears, neither sorrow nor crying, Who livest and reignest with the FATHER and the HOLY GHOST, one GOD, world without end. Amen.

XIX. For a Sick Schoolfellow.

O ALMIGHTY LORD and merciful FATHER, to Whom alone belong the issues of life and death, look down from heaven, we beseech Thee, upon our schoolfellow now lying upon the bed of sickness. Visit

her, O LORD, with Thy salvation: assuage her pain; make Thou her bed in her sickness, and if it be Thy pleasure prolong her days upon earth; and grant that she may live to serve Thee faithfully, through JESUS CHRIST our LORD. Amen.

XX. FOR THE SICK AND DYING (GENERALLY).

O LORD JESUS CHRIST, Who in Thy last agony didst commend Thy Spirit into the Hands of Thine heavenly FATHER, have mercy upon all sick and dying persons (*especially* ——); and grant that they may omit nothing which is necessary to make their peace with Thee before they die, Who livest and reignest with the FATHER and the HOLY GHOST, one GOD, world without end. Amen.

XXI. IN TIME OF CHOLERA OR PESTILENCE.

O GOD, Who didst spare Thy people Israel when Aaron stood with a censer between the living and the dead, and didst stay the plague, look in Thy mercy upon those whom Thou dost justly afflict in punishment for our sin, and through the intercession of Thy dear SON turn Thy wrath away from them: through the same Thy dear SON JESUS CHRIST our LORD. Amen.

XXII. FOR MISSIONS.

O THOU, Who didst bid Thine Apostles to go forth and teach all nations, gathering them into the one fold, Thy Church, have mercy upon the souls of the heathen, and bless those who labour for their conversion (*especially* ——), to the honour and glory of Thy Name. Amen.

XXIII. FOR THE CONVERSION OF SINNERS.

O ALMIGHTY GOD, we beseech Thee to hear our prayers for all that sin against Thee, or neglect to serve Thee (*especially* ——), that Thou wouldst bestow upon them true contrition, and an earnest desire to devote themselves to Thy holy service: through JESUS CHRIST our LORD. Amen.

XXIV. For the Faithful Departed.

O ALMIGHTY God, unto whom all live; we beseech Thee to remember the spirits of all flesh who have departed this life in the hope of Thy appearing, especially our parents, friends, kinsfolk, and benefactors. Grant them, O Lord, we beseech Thee, a place of refreshment, light, and peace in the bosom of Abraham, Isaac, and Jacob, where all sighing and sadness are banished away, and the light of Thy countenance shineth for ever: through Jesus Christ our Lord. Amen.

XXV. On the Day of a Death or Burial.

O GOD, Whose nature and property is ever to have mercy and to forgive: we humbly beseech Thee, for the soul of Thy *servant M.* [whom Thou hast this day called out of this world]. Give Thine Angels charge concerning *him* to bear *him* to the land of Paradise; that having hoped and believed in Thee, *he* may possess the joys of Thy everlasting Kingdom; through Jesus Christ our Lord. Amen.

XXVI. For your Parents (if departed).

O GOD, Who hast commanded us to honour our father and mother, be merciful to the souls of my parents, and grant them rest and peace, and a place where the light of Thy countenance may shine upon them. Grant also that I [and all their children] may see them in the bliss of Thine eternal Glory; through Jesus Christ our Lord. Amen.

XXVII. Before a Confirmation.

O GOD, by Whose gracious Providence the holy Church continues to observe the doctrine of Baptism and the laying on of hands: mercifully be with Thy servant our Bishop, when he shall come as the successor of Thy Apostles to administer in this parish the

holy rite of Confirmation; and grant that all those on whom it shall be conferred (especially my schoolfellows), may receive it with bodies undefiled, watchful minds, and pure hearts, that being thus blessed by Thy Minister, and guided by Thy good Spirit, they may never be ashamed to confess the Faith of CHRIST crucified, but manfully to fight under His banner against sin, the world, and the devil, and continue His faithful soldiers and servants unto their lives' end: through the same JESUS CHRIST our LORD. Amen.

XXVIII. AFTER.

O GOD, Who gavest the HOLY GHOST to Thy Apostles, and was pleased to ordain that, by them and their successors, He should be given to Thy faithful people: mercifully grant that the hearts of Thy servants, on whom Thy servant, our Bishop, hath now laid his hands, being filled with Thy grace and heavenly benediction, may ever remain living temples of the HOLY GHOST. Let them ever abide in the unity of Thy Church, and be worthy partakers of Thy Divine Mysteries: through JESUS CHRIST, our only Mediator and Redeemer, Who died for our sins, and ever liveth to make intercession for us, Amen.

XXIX. IN TIME OF WAR.

O GOD, by Whose gracious Providence all things in Heaven and earth are ruled; Hear our prayers, we beseech Thee; if it be Thy will grant victory to our arms, and restore peace in our time, that we and all other Christian people may praise Thy holy name in godly union and concord: through JESUS CHRIST our LORD. Amen.

Have mercy, O LORD, upon the wounded and the suffering, whether of our own people or of the enemy. Let Thy grace be their comfort, although natural friends be far away. Raise them to health if it be good; but chiefly give them such faith and patience that they may

glorify Thee upon the earth, and, escaping safe from the assaults of Satan, may rest in peace, and rise to partake of Thy glory: through JESUS CHRIST our LORD. Amen.

XXX. GENERAL INTERCESSION.

O ALMIGHTY Father, Who hast taught us to make prayers and intercessions for all men, graciously receive these my supplications for those whom Thou hast given me. I pray Thee for my dear *Father* and *Mother*, that Thou wilt repay them for their love and care of my tender years, and granting them all that they need here below, wilt at length bring them to Thine everlasting kingdom. I pray Thee for my *Brothers* and *Sisters*, that Thou wilt unite us in peace below, and grant that the love begun on earth, may be perfected in heaven. I pray Thee for those whom Thou hast set over me in the Lord, my *spiritual Pastors*, that Thou wilt bless their work for the salvation of our souls. I pray Thee for my *Teachers* and *Schoolfellows*, that Thou wilt bless our labours, and grant that, in our several stations, we may discharge our duty to Thee. I pray Thee for all those who are sick, afflicted, or distressed in mind, body, or estate, that Thou wilt give them patience under their sufferings, and a happy issue out of all their afflictions. I pray Thee for all those whom I may in any way have grieved or injured, or who may have grieved or injured me; for all with whom I may ever have sinned, or whom by precept or example I have led astray, that Thou wilt grant us grace so to live here that we may meet in Thy kingdom. Finally, I pray Thee, O LORD, to remember all those dear to me who have departed this life in Thy faith and fear, and do sleep the sleep of peace, and grant that we and they may have our perfect consummation and bliss in Thy eternal and everlasting glory: through JESUS CHRIST our LORD. Amen.

Litany of the Holy Childhood.

FOR GENERAL USE IN SCHOOLS.

✠

Child of Mary, hear our cry;
Thou wert youthful once as we;
Hear the loving Litany
We, Thy children, sing to Thee.

O GOD the FATHER, who hast created us, and all the world :
O GOD the SON, who hast redeemed us, and all mankind :
O GOD the HOLY GHOST, who sanctifiest us, and all the elect people of GOD :
JESU, conceived by the HOLY GHOST, born of the Virgin Mary, GOD made Man :
JESU, Babe of Bethlehem, wrapped in swaddling clothes, and laid in a manger :
JESUS, revealed to the shepherds, worshipped by the wise men, the joy of Simeon and Anna :
JESUS, Boy of Nazareth, working with Joseph, obedient to Thine earthly parents :
JESUS, very GOD and very Man, equal to the FATHER, yet as a child the pattern of our childhood :*
JESUS, sitting in Thy FATHER'S temple, at the feet of the doctors, yet Thyself the fount of wisdom :

Have mercy upon us.

* A Son that never did amiss,
That never shamed His mother's kiss
Nor crossed her fondest prayer.
—*Christian Year.*

From the love of self, and the slavery of sin, from all the deceits of the world, the flesh, and the devil;
From dishonouring Thy Holy Name and Word, Thy Holy Church, and all Holy Seasons;
From disobedience, and want of respect to those whom Thou hast set over us;
From malice and revenge, from angry and evil tempers, from quarrelling, and from want of love one to another;
From impurity in thought, word, and deed, from vanity in dress, from gluttony and self-indulgence;
From all dishonesty, in our work or in our play, in word or in deed;
From all untruthfulness and insincerity, from evil-speaking, lying, and slandering;
From seeking that which is another's, from coveting or desiring other men's goods, from discontent with our position in the world, or at school, or in class;

Good Jesu, deliver us

That we may increase in wisdom and stature, and in favour with GOD and man:
That we may advance in the fear of the LORD, which is the beginning of wisdom:
That we may obey our parents as Thou, being LORD of all, wast yet obedient to Mary and Joseph:
That we may reverence Thy Church and her ministers, as Thou didst those of the Jewish law when Thou wentest to Jerusalem to the Feast:
That Thou would'st have mercy upon all the youth of Thy Holy Church, remembering that Thou wast a Boy at Nazareth:
That Thou wilt especially bless the Teachers and Pupils of this school to which we belong:

We beseech Thee, hear us.

That Thou would'st increase in us reverence to Thy Word and to Thine House, and zeal in the use of Thy Sacraments and means of grace :

That Thou wilt bless us in our studies, that we may fulfil the purpose for which we are gathered together :

That Thou would'st grant us all health of mind and body (especially during this present term), and sound minds in sound bodies :

That it would please Thee to call many from amongst us to work for Thee in Thy Holy Church, and fit them to correspond to Thy call :

That it would please Thee to give to each of us grace to know our vocation in life, and to serve Thee faithfully therein :

That it may please Thee to direct and prosper all that is done at *this* school to Thy honour and glory :

That Thou wilt touch the heart and enlighten the understanding of all who are here gathered together :

That they may readily acknowledge and cheerfully obey all that Thou would'st have them believe and do :

That Thou wilt bless all who have gone from amongst us into the world, that giving up themselves to Thy service here, they may attain life everlasting :

That Thou wilt bless all whom Thou hast set over this school :

That it may please Thee to bring us all, when the probation of life is over, to the joy of Thy heavenly kingdom :

We beseech Thee, hear us.

O Lamb of GOD, that takest away the sins of the world :
Have mercy upon us.
O Lamb of GOD, that takest away the sins of the world
Grant us Thy peace.

LORD have mercy.
CHRIST have mercy.
LORD have mercy.

OUR FATHER, etc.

Let us Pray.

O LORD JESUS CHRIST, Child of Bethlehem, everlasting GOD, bless, we beseech Thee, the girls of this school, to the end that they may be truthful, pure, obedient, and ready to do their duty in that state of life to which it shall please Thee to call them. Grant also to those whom Thou hast set over them grace so to bring them up for Thee, that they may hereafter be received by Thee in Thine eternal and glorious kingdom, Who, with the FATHER and the HOLY GHOST, livest and reignest, world without end. Amen.

Self-Examination.

Nothing can be more important to a Christian boy than self-examination. A few brief questions for that purpose have already been given in the ordinary Evening Prayers, which you should never omit; for without a knowledge of your faults, your confession of sin will be a mere form, your prayers for grace misdirected, and you will fight as one that beateth the air (1 Cor.).

But there may be occasions when you need a fuller self-

examination, especially when preparing for the Holy Communion; and therefore a longer form is subjoined, which follows the order of the twofold duty you owe to God and your neighbour, set forth in the Ten Commandments, and explained in the Church Catechism.

When you find that God has of His mercy enabled you to overcome any bad habit, or has preserved you from sin, say—

Not unto me, O LORD, but unto Thy Name, give the praise, for Thy loving mercy, and for Thy truth's sake.

But if you have reason to believe you are losing ground in the contest, or that you have unhappily fallen into definite acts of sin, say most earnestly—

O LORD, wash away this sin, in the blood of Thy dear SON.

You would do well to remember your offences against each particular Commandment when the Decalogue is recited in the Communion-office at Church, and to ask pardon in the "Kyrie" which follows.

You will find it most necessary to note down the result of your examination on paper for future guidance.

Before commencing, use the following prayers :—

PRAYER BEFORE SELF-EXAMINATION.

O GOD the HOLY GHOST, Who searchest the heart and triest the reins, pour, I beseech Thee, Thy bright beams of light into my soul, that I may discover the sins and offences I have committed against Thy Divine Majesty, and confessing and forsaking them, may obtain mercy. Amen.

OUR FATHER, etc.

EXAMINATION OF CONSCIENCE UPON THE TEN COMMANDMENTS.

FIRST COMMANDMENT.

The Knowledge of God revealed through His Church.

"I am the LORD thy GOD: thou shalt have none other gods but me."

1. Do you strive to love GOD with your whole heart, mind, and strength?
2. Do you remember that He is everywhere present?
3. Have you indulged doubt concerning the Being of GOD, or any article of the Catholic Faith?
4. Have you spoken against religion, or listened to those who did, as if you agreed?
5. Have you, by word or deed, denied your religion, or appeared ashamed of it before others?
6. Have you gone to the places of worship of those who dissent from the Church?
7. Have you distrusted the mercy of GOD, or, on the other hand, presumed upon it, so as to continue in sin?
8. Have you murmured against Him in trouble?
9. Have you forgotten to thank Him for all His mercies to you?
10. Do you seek the praise of men, or your own self-will and pleasure, rather than the glory of GOD?

SECOND COMMANDMENT.

The Worship of God.

"Thou shalt not make to thyself any graven image," etc.

1. Have you striven to join, with heartiness or devotion, in the services of the Church; or have you yielded to wandering thoughts? Have you listened to the Lessons with reverence and attention, as the voice of GOD speaking through His Word?
2. Have you been irreverent or careless when grace is said, forgetting that GOD gives you your daily food?

3. Have you been irregular or inattentive at your morning or evening prayers, or hurried them over through rising too late? Have you been quiet in the dormitory when other girls were praying, and remembered the rules given for that purpose by those set over you?

4. Do you honour GOD with your body, by kneeling or standing, as is enjoined in His worship? Do you give the outward reverence which is due to the Name of our Blessed LORD, or which is customary on other occasions, in the place where you worship?

5. Have you neglected self-examination?

6. Have you given up any religious duty to please others, or allowed them to come between you and your duty to GOD?

7. Have you done anything in church, school, or chapel, for display, or to cause amusement?

8. Have you prepared carelessly to receive Holy Communion, or neglected to make your Thanksgiving afterwards?

THIRD COMMANDMENT.

Reverence due to Holy things.

"Thou shalt not take the Name of the LORD thy GOD in vain: for the LORD will not hold him guiltless that taketh His Name in vain."

1. Have you used the Name of GOD in an irreverent manner? Are you always careful not to speak of holy things lightly or carelessly, nor to make jokes about them?

2. Have you been guilty of using any profane words? Have you cursed any one with your lips or with your heart?

3. Have you allowed yourself to utter prayers with your lips which you did not mean in your heart?

4. Have you turned the Church, or clergy, or anything done or said in church, into ridicule?

5. Have you read the Bible carelessly or irreverently, or made jokes upon it?

6. Have you broken any promise, or taken any oath to do anything wrong?

FOURTH COMMANDMENT.

Observance of Holy Days and Seasons.

"Remember that thou keep holy the Sabbath Day.

1. Have you profaned the LORD'S Day, by staying away from church without necessity, or by neglecting your religious duties for the sake of amusement? Have you striven to think more earnestly of Him on that day, and to derive benefit from all the means of grace then offered you?

2. Have you caused others to misspend the day, or given servants, tradespeople, or others, unnecessary work then?

3. Have you observed the Saints' Days, and other festivals of the Prayer-book, by thinking of the example set before you, and the use of suitable devotions?

4. Have you striven to mark the Fasts of the Church, by such self-denial as is within your power—by self-examination and acts of penitence?

5. Have you remembered that time is to be accounted for at the last?

FIFTH COMMANDMENT.

Our Duty to those above us.

"Honour thy father and thy mother," etc.

1. Have you been wanting in respect and love to your parents? Do you pray for them, and strive to show your gratitude by doing your best to improve the opportunities of instruction they have given you at school?

2. Have you ever been ashamed of your parents?

3. Have you forgotten to pray for them?

4. Have you failed in respect and obedience to your spiritual pastors? Do you receive the admonitions they give you as from the stewards of the mysteries of GOD?

5. Have you been obedient to your teachers, and all who are set over you, neither murmuring at their commands, nor speaking of them disrespectfully, remembering that all authority is of GOD?

6. Have you thought it a fine thing to be impertinent, or defy authority?

7. Have you been stubborn or ill-tempered when told of your faults?

SIXTH COMMANDMENT.

Government of the Temper.

"Thou shalt do no murder."

1. Have you given way to a sullen or passionate temper? How often?

2. Have you tried to provoke any one, or been guilty of tyranny, injustice, or unkindness, to those weaker or more timid than yourself?

3. Have you been guilty of striking or quarrelling with others? Are you now reconciled?

4. Have you borne malice, or sought to be revenged, and refused to be reconciled?

5. Have you been guilty of spiritual murder, by drawing others into sin?

6. Have you been guilty of cruelty to inferior animals?

7. Have you used abusive words? or called others offensive names?

8. Have you caused quarrels between others?

9. Do you strive to love your neighbour as yourself?

SEVENTH COMMANDMENT.

Purity.

"Thou shalt not commit adultery."

1. Have you kept your body in temperance, not eating

more than was good for you? have you grumbled at your food? thought too much about eating and drinking?

2. Have you kept your body in soberness, avoiding all excess in beer, wine, or spirituous liquors such as would only be proper for you when given as medicine?

3. Have you kept your body in chastity, avoiding all impurity or uncleanness in thought, word, and deed?

4. Have you gone wilfully into temptation? or placed it in the way of others, especially those younger than yourself?

5. Have you looked at indecent books or pictures, or any objects likely to lead you into temptation? or used *good* books with improper purposes?

6. Have you been curious to learn about evil?

7. Do you remember that your body is, by baptism, the temple of the HOLY GHOST?

8. Have you dwelt with pleasure on past sin?

9. Do you secretly indulge in any practice you would be ashamed for others to know?

EIGHTH COMMANDMENT

Uprightness of Conduct.

"Thou shalt not steal."

1. Have you taken anything which belongs to another?

2. Have you taken advantage of your companions by any unfair means, either affecting your position in class, or in your games?

3. Have you kept out of debt, and lived within your means?

4. Have you made reparation for any wrong you may have done?

5. Have you received any stolen property?

6. Have you been careless of school (or other) property entrusted to you?

7. Have you tried to find the owner when you have found anything?

8. Have you borrowed money without any intention of repaying it, or without proper prospect of doing so?
9. Have you neglected to give alms?

Ninth Commandment.

Sincerity and Truthfulness.

"Thou shalt not bear false witness against thy neighbour."

1. Have you been guilty of evil-speaking, repeating your neighbour's faults without absolute necessity, speaking evil of another without being called upon to do so—whether truly or falsely?
2. Have you been guilty of lying, whether by word or by doubtful actions? (Remember that a lie consists in the intention to deceive, even when the words are *literally* correct.)
3. Have you been guilty of slandering—by misrepresenting your neighbour's actions? or spreading evil reports?
4. Have you said anything ill-natured to others on account of their infirmities or failings, or ridiculed them behind their back?
5. Have you carried stories and tittle-tattle backwards and forwards?
6. Have you allowed any one to think what was untrue when it was your duty to set them right?
7. Have you revealed any secret entrusted to you? read other people's letters surreptitiously? listened (unseen) to conversations?
8. Have you taken praise which belonged to another? or allowed another to be punished on your account?
9. Have you cheated in your school work? or in your games?
10. Do you do or say anything that you may appear better than you really are?

Tenth Commandment.

Against Covetousness.

"Thou shalt not covet."

1. Have you been discontented with your own share of anything?

2. Have you allowed yourself to indulge in envy of others, to be out of temper because you are not so much noticed or praised?

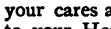
3. Have you felt ill-will towards another who has risen above you? have you disparaged her talents, or shown spite against her?

4. Have you set your heart upon obtaining things which God has not given you the means of possessing?

5. Are you content with that state of life unto which it has pleased God to call you?

6. Are you headstrong and self-willed in following your own desires?

7. Do you commit your cares and anxieties about the present or the future to your Heavenly Father, remembering that He is the Ruler and Disposer of all, and that all things happen for the best to those who love Him?



The Seven Deadly Sins.

I. *Pride.*

1 Have you been guilty of vanity, arising from a high opinion of your own cleverness, personal appearance, or because you can do things better than others?

2. Have you been guilty of treating the poor, or those lower than your own station of life, with contempt in word or deed?

3. Have you spoken improperly to servants?
4. Have you despised others, taken pleasure to hear them spoken of unkindly, felt uncomfortable when they have been praised?
5. Have you been overbearing in any authority entrusted to you?
6. Have you taken delight in the praise of others, or been uneasy when you did not receive such praise?
7. Have you been unwilling to ask pardon when you knew you were wrong, sore and irritated when reproved?
8. Have you ever taken pride in your progress in spiritual things, in acts of religion, doing them so that you may be seen?

II. *Covetousness.* (See Tenth Commandment.

III. *Lust.* (See Seventh Commandment.)

IV. *Anger.* (See Sixth Commandment.)

V. *Gluttony.*

1. Have you indulged in any inordinate gratification of your appetite?
2. Have you drunk to excess, or led others to do so, or boasted of such excess?
3. Have you refused wholesome food, or complained of it from daintiness, thrown it away, or wasted it?

VI. *Envy.*

1. Have you hated another person for being better dressed, more noticed, more beloved, more clever, or more successful than yourself?
2. Have you ever disliked a person for being better than yourself, and tried to discourage her or to ridicule her on that account?
3. Have you ever done another serious injury in this way, or reaped advantage from harm done to another?

VII. *Sloth.*

1. Have you been guilty of slothfulness in mind or body? has it prevented you from fulfilling your duty in your daily work?

2. Have you neglected prayer or religious duties through idleness or dislike to mental exertion?

3. Have you missed prayer or other duties through lying too long in bed? Have you wasted time in sauntering listlessly about doing nothing, thereby exposing yourself to temptations of many kinds?

At such times as those of preparation for Confirmation, or First Confession, it is well to make a searching scrutiny into the whole course of one's past life; the following hints may assist you.

Recall the whole of your past life, from the earliest period you can remember, noting each sinful act as memory brings it before you.

To do this more completely, divide your life into periods, such as those of early childhood your first school, etc., using for the purpose any circumstances which changed the course of your life.

Recall the chief features of each period, and question yourself upon them:

1. Your companions.
2. The houses you lived in.
3. The rooms you lived in.
4. Your favourite walks.
5. Your sports and pastimes
6. Your schooldays.
7. Your holidays.
8. The books you used to read.
9. Your favourite subjects of conversation.
10. Your conduct towards your parents.
11. The means of grace you possessed.
12. The services at Church, etc.

Make this examination as much as possible alone and in stillness; bend your mind most earnestly to the task, and God will help you, so that your sins will rise before you and constrain you to cry, "God be merciful to me a sinner."

Have you examined yourself carefully, without making false excuses?

Do you truly repent of all these your sins, with a firm purpose, by GOD's help, to commit them no more?

Do you grieve over your sins because they have crucified your loving LORD?

Are you in love and charity with all around you, forgiving, as you hope to be forgiven?

If so, come to Him with earnest faith, true sorrow, and deep love; and He has said, "Him that cometh to Me I will in no wise cast out." "Though your sins be as scarlet, yet they shall be as white as snow," washed in that fountain for sin and uncleanness —His most precious Blood.

But since no self-examination or confession of sins will suffice without contrition, a few words may not be amiss on the subject of its nature:

It is not sufficient to repent of our sins because we fear the punishment which will ensue if we do not repent,—this is attrition, not contrition. Judas thus repented and went and hanged himself. Such repentance needs to be repented of, and its motives are found in self-love.

But true repentance, that is contrition, must arise not from the love of self, but of GOD, although it is frequently preceded by "attrition."

It must arise from the conviction that we have deeply grieved a most loving Father, to Whom we must come, as children who have done amiss come to a father's knee. It must arise from grief that we have slighted a Saviour's love; that we have crucified Him afresh by our sins, although He bore shame, agony, and death for us who were His enemies; for our sins crucified Him, and the Jews and Romans were but His executioners. Mourning over our ingratitude, love will beget contrition acceptable unto GOD

A MEDITATION TO STIR UP IN THE MIND A HEARTY SORROW FOR HAVING OFFENDED GOD.

CONSIDER, first, Who GOD is, Whom you have offended by your sin. He made you for Himself, to love and serve Him here, and to be happy with Him for evermore. He redeemed you by the Blood of His dear SON. He has placed you in His Church, sanctified you by His Holy Spirit, bestowed on you health, friends, and all the blessings of this life. How little have you loved Him; how great has been your ingratitude; what empty trifles have stolen your affections from Him; with what patience

He has borne with you! At this moment there may be thousands of lost souls whose sin has not exceeded yours. Oh! mourn over your ingratitude; return to your loving FATHER; say unto Him, "FATHER, I have sinned against heaven and in Thy sight, and am no more worthy to be called Thy son."

Consider, secondly, the fearful nature of sin. As there is but one thing on earth worthy of our pursuit,—salvation,—so there is but one evil which must be avoided,—sin. It is the rebellion of the creature against the Creator, as if the sinner should say, "Thou hast commanded me to serve Thee, and I will not; Thou hast forbidden me to defile the body which is Thy temple, and I will defile it." Hence sin is deservedly the origin of suffering; sin drove our parents from Paradise; sin drowned the world beneath the waters of the Flood; sin rained down fire and brimstone upon the cities of the plain; and sin yet overwhelms its victims daily, hourly, momentarily, under the waves of the bottomless pit. If one grieve over the loss of the body, how much more over that of the soul! Who can dwell with everlasting burnings? O GOD, save me, or I perish.

Consider, thirdly, the uncertainty of life and the certainty of judgment. Even now the seeds of mortal disease may lurk unsuspected in your frame; and remember that a sudden and unprepared death is frequently the punishment of habitual sin, and that even otherwise a deathbed repentance is most delusive, most uncertain. Ah! to what a dismal eternity would you be condemned should death find you unprepared! Farewell to GOD and His saints! farewell to Light and Love! farewell to Hope for ever! Alas! that one baptized in the Name of CHRIST should set at nought the price of His Blood, should choose the pleasures of sin for a season, and so receive eternal death as his just reward.

Consider, fourthly, how great has been the love of CHRIST for you. His whole life was one of continual suffering for you; but what a scene of bitter anguish was His agony in the garden, His death upon the Cross! Oh! the heinousness of sin which the SAVIOUR thus bewailed with tears and blood,—sins against a righteous Judge, sins against His holy laws, sins immense as the sea. Alas! for the love of you He suffered this agony, this bitter death, for the love of you who crucified Him, for *your* guilty lusts, *your* sins condemned Him, and the Jews were but His executioners. Ah? how much have your sins cost Him; how dearly has He loved you! Shall the price of His Blood be lost? Oh! turn to Him Whom you have pierced, for He has graven you

on the palms of His hands. Say, I repent, O LORD JESUS, I repent. Bedew His Cross with your tears, and He will embrace you in the fulness of His love, for He has said, "Him that cometh unto Me I will in no wise cast out."

Consider, fifthly, the eternity He has designed for you; the mansion which He is preparing for you; the eternal home, where there shall be no tears, no sorrow, no crying; where GOD is the portion of His saints for ever; where are those things which eye hath not seen, nor ear heard, neither hath it entered into the heart of man to conceive; where every pure desire shall be satisfied; where there shall be joy of which earthly joy is but the faint shadow, for all that is beautiful here is but the faint image, dimmed by sin, of the delights of that paradise which CHRIST has purchased by His blood.

Fight, then, bravely under His banner here, and you shall reign with Him hereafter. Conquer and subdue sin through His grace, and He will crown that grace with everlasting reward. He giveth both strength to labour, and the reward of labour, for there is the tearless life, the life that knows no ending, where, with Saints and Martyrs, Apostles and Prophets, the redeemed of the LORD sing the endless Alleluia to the Lamb Who has purchased them by His blood.

There, no longer veiled in mysteries, but face to face, they behold Him, His thorn-crowned brow, His spear-pierced side, and they shall never be parted from Him. Oh! strive to win this glory. Who would not suffer all things here t gain an eternal home hereafter?

ACT OF CONTRITION AFTER SELF-EXAMINATION.

O MOST mighty GOD and merciful SAVIOUR, Who hatest nothing that Thou hast made, Who wouldest not the death of a sinner, but rather that he should turn from his wickedness and live, I acknowledge and bewail my manifold sins and wickedness which I have committed against Thee in *thought*, *word*, and *deed*, through my fault, my own fault, my own most grievous fault.

Since my last solemn time of examination and confession, I have been guilty of——.

But Thou, O LORD, have mercy upon me a sinner;

rebuke me not in Thine indignation; cast me not away in Thy displeasure; for if I have done that whereby Thou mayest condemn me, Thou hast not undone that whereby Thou art wont to save.

To whom shall I fly but to Thee? If Thou castest me out, who will receive me? Would that I had never offended Thee! that I had ever preserved my baptismal innocence!

But Thou hast said, "Ask, and ye shall receive; seek, and ye shall find; knock, and it shall be opened." I ask for pardon; I beseech Thee, the good Physician, to heal my sin; I knock at the door of Thy mercy; LORD, open to me, my GOD, open to me, that I may live.

OUR FATHER, etc.

You may add Psalm 51 *if time allows.*

O SAVIOUR of the world, Who by Thy Cross and precious Blood hast redeemed me, save me and help me, I humbly beseech Thee, O LORD. Amen.

EXHORTATION IN THE OFFICE FOR HOLY COMMUNION.

"And because it is requisite that no man should come to the Holy Communion but with a full trust in GOD'S mercy and with a quiet conscience, therefore if there be any of you who by this means cannot quiet his own conscience herein, but requireth further comfort or counsel, let him come to me, or to some other discreet and learned minister of GOD'S Word, and open his grief, that by the ministry of GOD'S holy Word he may receive the benefit of absolution, together with ghostly counsel and advice, to the quieting of his conscience and avoiding of all scruple and doubtfulness."

This recommendation is grounded upon these words of JESUS CHRIST Himself, when he said to His Apostles, "Whosesoever sins ye remit, they are remitted, and whosesoever sins ye retain, they are retained," and promised to be with them and their successors unto the end of the world.

Thus we read in the Acts of the Apostles that the converts at Ephesus came and confessed and showed their deeds, and thus S. Paul tells us, "Whomsoever I forgave, for your sakes forgave I it in the person of CHRIST."

By these means our Blessed LORD still assures those whose hearts are weary and heavy-laden that their sins are forgiven, and the HOLY GHOST gives to the soul the sweet assurance of pardon through the precious Blood.

If you are led by the Holy Spirit to realize the burden of your sins, to feel, like David, that they are a great burden too heavy for you to bear, then remember that He has given power and authority to His minister to say unto you, as Nathan to David, "The LORD hath put away thy sin."

This power is given to Priests at their ordination, as you may see in your Prayer Book, in the very same words our LORD used in giving the first commission to His Apostles; and in the service for the Visitation of the Sick you will find the form used in Private Absolution.

In order to prepare yourself to make a good confession, you need simply to put into practice the recommendations already given with regard to self-examination; let your confession be humble, without seeking excuses for your sins, and without casting blame upon others; let it be entire and complete, and take care not to name any third person.

Finally remember that the Blood of JESUS CHRIST is the sole source of forgiveness; that the Priest is but His representative; that no formal confession can gain the forgiveness of GOD without the requisite qualifications—repentance and faith; and that such repentance is tested by amendment of life.

DEVOTIONS BEFORE CONFESSION.

I.

O ALMIGHTY GOD, Who hast given power and commandment unto Thy ministers to declare to Thy people, being penitent, the forgiveness of their sins, to bind up that which is broken, and to heal that which is wounded, behold me, Thine unworthy servant, desiring to confess my sins with all sincerity to Thee, before Thine appointed minister. Grant me grace to accept of that confusion of face which belongs to me, that I may not pass over my guilt through fear or shame, but, laying bare my wounds by a full and true confession, may receive the assurance of Thy forgiving mercy, through Thy dear SON, JESUS CHRIST our LORD. Amen.

II.

O MOST Blessed LORD and SAVIOUR, Who didst come to seek and save the lost, regard me Thine unworthy child according to Thy great mercy, coming to lay the burden of my sins at the foot of Thy Cross: receive me as Thou didst receive the penitent Magdalene; pardon me as Thou didst pardon Peter, though he denied Thee; spare me as Thou didst spare the penitent thief; that my sins being washed away in Thy Blood, I may go and sin no more. Amen.

III.

O GOD the HOLY GHOST, pour Thy bright beams of light into my heart, that I may know the sins I have committed against Thee, and, confessing and forsaking them, may obtain mercy. And upon Thy ministering Priest pour Thy grace, that he may rightly bind up that which is broken, and heal that which is wounded, through JESUS CHRIST our LORD. Amen.

A PREPARATION OF THE HEART FOR CONFESSION.

KNEEL down in silence, and bring before thy mind thy soul as after Baptism thou receivedst it from Thy Lord—washed, purified, and bright as a ransomed soul should be.

Is this its state now?

> "Stains and spots hath marred its whiteness,
> Dust hath robbed it of its brightness."

Thou canst discover the stains and spots of mortal sin, but the dust of venial sin so oft repeated, the small, the trivial particles, the passing sin in thought, word, and deed, which has incrusted thy heart so silently and unconsciously, which has robbed thee of thy spiritual joy, this thou canst *feel* rather than comprehend.

Ask of Him grace to measure all this by the measure of His sufferings.

The voice of the sinner, A little wasted time.

The voice of Jesus, "For this I laboured three-and-thirty years."

A little slothfulness.

"For this I left Myself leisure, no, not so much as to eat."

Wandering thoughts in prayer.

"And being in an agony, I prayed yet more earnestly."

A little self-indulgence.

"For thee I hungered, thirsted, bore cold and nakedness, the scourge, the cross, the crown of thorns."

A little pride.

"One more thorn in My Crown."

A little anger.

"One more stroke of the scourge for Me."

A little coldness and indifference.

"One more insult added to My bitter cup."

A little want of love to others.

"Pierced My Heart again, for I have redeemed them by My Blood."

And this sin, O LORD,

"Pierced My Hands and Feet."

And this,

"Another robe of scorn."

And this,

"Caused Me that shame which none but I, the Virgin's Son, could feel.

"Alas, My child, an open enemy hath not done this, but it was even thou, who knewest the secret of My love, and thence hadst power to wound Me. What are these wounds in My Hands? Those with which I was wounded in the house of My friends."

Thus far thou mayest weigh thy sin on earth.

But the love against which thou hast sinned eternity alone can shew.

"Oh, break, oh, break, hard heart of mine,
Thy weak self-love, thy guilty pride,
His Pilate and His Judas were;
JESUS our Love is crucified."

Before you make your Confession, be sure you call your sins to mind, in such an order that you may easily remember them. Let your Confession be entire and complete, but do not be disquieted by want of memory when you have done your best. God will accept the will for the deed.

State all that may aggravate any offence, but omit all unnecessary matter, and never name any other person.

FORM OF CONFESSION.

✠

IN the Name of the FATHER, and of the SON, and of the HOLY GHOST.

I confess to GOD the FATHER ALMIGHTY, to His Only-Begotten Son JESUS CHRIST, and to GOD the HOLY GHOST, before the whole company of Heaven, and before you, my father, that I have sinned exceedingly in thought, word, and deed, through my fault, through my own fault, through my own most grievous fault. Especially I accuse myself that (*since my last Confession, which was . . . . ago*) I have sinned;

After your Confession, say:

For these and all my other sins which I cannot now remember, I am heartily sorry, firmly purpose amendment for the future, and most humbly ask pardon of GOD, and of you, my Spiritual Father, penance, counsel, and absolution. Wherefore I pray GOD the FATHER ALMIGHTY, His Only-Begotten Son JESUS CHRIST our LORD, and GOD the HOLY GHOST to have mercy upon me, and you, my father, to pray for me to the LORD our GOD. Amen.

Listen carefully to the advice and direction given you, and, in the words of Absolution, receive with joy the message of your forgiving Lord and Saviour.

After you have received the Blessing, retire to your place, and pour out your thanksgivings to Him Who has once more restored you to His grace and favour. The following prayers may assist you.

Remember to perform carefully any act of penance that may be assigned you.

Devotions after Confession.

I.

ACCEPT, O Almighty God, this my confession, and grant that it may be well-pleasing and acceptable in Thy sight. Whatsoever has been wanting in the depth of my contrition, or the simplicity or fulness of my confession, do Thou in Thy love and pity supply, and according to that love ratify that message of forgiveness in Heaven which Thy ministering Priest hath pronounced on earth, through Jesus Christ our Lord. Amen.

II.

O MOST loving Father, Who, according to the multitude of Thy tender mercies, hast vouchsafed to receive me Thy prodigal child, returning to Thee my Lord and my God, and hast given me the sweet assurance of Thy pardoning love,

I thank Thee and praise Thee with my whole heart, and beseech Thee to give me Thy grace, that I may show forth Thy praise not only with my lips, but by giving up my life to Thy service, and by walking before Thee in holiness and righteousness all my days.

Relying upon Thy Divine assistance, I offer and present unto Thee my body, soul, and spirit, to be a reasonable, holy, and lively sacrifice unto Thee, beseeching Thee that I may continue Thine for ever.

Therefore I solemnly renew my baptismal vow; I renounce the world, the flesh, and the devil; I believe all that Thou hast revealed through Thy Church and in Thy Word, and resolve, through the aid of Thy Holy Spirit, to walk in the path of Thy commandments all the days of my life. I know that in me, that is in my flesh, dwelleth no good thing, but that I can do all things through Thy dear Son. With Him, through Him, and in Him, I offer myself to Thee; for His sake accept and perfect this my sacrifice. Amen.

III.

O LORD JESUS CHRIST, the Good Shepherd, Who hast given Thy life for Thy sheep, I thank Thee that Thou hast sought me wandering from the fold; I thank Thee that Thou hast brought me back upon Thy shoulders; I thank Thee that Thou hast saved me from that enemy who goeth about as a roaring lion seeking whom he may devour.

Thou hast washed me again in Thy precious Blood; Thou hast said to me, as Thou saidst to the sick of the palsy, "Son, be of good cheer; thy sins are forgiven thee."

Mine, O LORD, is the joy, mine the eternal crown; and Thine was the suffering, Thine the agony and the shame; Thy sacred Head was crowned with thorns, Thy Hands and Feet pierced with cruel nails, Thy sacred Side with the spear, that I might live, that Thou mightest purchase the pardon Thou hast now bestowed upon me, that by Thy stripes I might be healed.

O crucified SAVIOUR, suffer me nevermore to crucify Thee by my sins. Oh, grant that I may die unto sin for the love of Thee, Who hast died on the Cross for me.

O LORD, I thank Thee, but I cannot thank Thee enough. Eternity alone will suffice to show forth Thy praise.

OUR FATHER, etc.

You may add Psalm 103, *and the following hymn, if time allows:—*

THE PRECIOUS BLOOD.

✠

Glory be to JESUS,
Who, in bitter pains,
Poured for me the life-blood
From His sacred veins.

Grace and life eternal
  In that Blood I find
Blest be His compassion,
  Infinitely kind.

Blest through endless ages
  Be the precious stream,
Which from endless torments
  Did the world redeem.

Abel's blood for vengeance
  Pleaded to the skies,
But the Blood of JESUS
  For our pardon cries.

Oft as it is sprinkled
  On our guilty hearts,
Satan in confusion
  Terror-struck departs.

Oft as earth exulting
  Wafts its praise on high,
Angel-hosts rejoicing
  Make their glad reply.

Lift ye then your voices;
  Swell the mighty flood;
Louder still and louder
  Praise the precious Blood.

Having now washea your robes and made them white in the Blood of the Lamb, be very much on your guard against all that can defile body or soul in thought, word, or deea. Let love be your safeguard. To whomsoever much is forgiven, the same should love much. Go in peace, and sin no more. Remember that the true test of repentance is amendment. Three things, said S. Chrysostom, are necessary to penitence,—"In the heart contrition, in the mouth confession, in the life fruitfulness in well-doing."

The Holy Communion.

I. The Eucharistic Sacrifice.

From the earliest ages, the servants of God were accustomed to offer sacrifice to Him as a token of their absolute dependence upon His mercy, and as an act of homage to the Divine Majesty.

These sacrifices consisted of animals which were slain in token that blood must flow for sin, together with the fruits of the earth.

When God gave the law on Sinai, He Himself defined the manner in which sacrifice should be continually presented before Him.

There was the burnt offering, in which the victim was wholly consumed by fire, after it had been slain, and which was presented daily, morning and evening, before God; the sin offering, in expiation of offences committed; the peace offering, to obtain blessings, or make thanksgiving for benefits received; the meat offering of bread or flour; the drink offering of wine; incense composed of fragrant spices offered twice daily upon the appointed altar.

But all these sacrifices were but weak and beggarly elements, figures of the one true sacrifice to come, Jesus Christ, and only through faith in God's promise of the Redeemer could these other sacrifices be accepted.

He is our burnt offering, for He offered Himself fully and completely in our stead; our sin offering, for He bare our sins in His own Body on the Tree; our peace offering, for He hath made our peace with God, and we give thanks to God the Father through Him; our meat and drink offering, for He is the Bread of Life, and His Blood the Cup of Salvation.

By the offering of Himself upon the Cross, He made a full, perfect, and sufficient sacrifice, oblation, and satisfaction for the sins of the whole world, and purchased all needful graces and blessings for us; hence nothing can ever be added to the efficacy of this sacrifice whereby He hath put away for ever the sins of them that are sanctified through faith in Him.

Nevertheless, for the application of the fruits of this sacrifice to our souls, He hath instituted and ordained holy mysteries wherein we plead His Death and Passion before the Father, and wherein

He is spiritually present amongst us, both as Priest and as Victim, who abideth both Priest and Victim for ever.

The Eucharistic Sacrifice—whereby we "show forth the death of CHRIST until He come"—as the Lamb of GOD slain to take away the sins of the world, is the pure offering, prophesied by Malachi, which should be offered in every place amongst the Gentiles; thus is CHRIST a Priest for ever after the order of Melchizedek, who brought forth bread and wine. To this sacrifice S. Paul refers when he says, "We have an altar whereof they have no right to eat which serve the tabernacle," and when he contrasts the "table" whereon the Gentiles offered sacrifice to devils with the "Table" whereon the Eucharistic Sacrifice was offered to GOD.

And with this offering of CHRIST we present ourselves, our souls, and bodies to be reasonable, holy, and lively sacrifice to GOD through Him.

Because this sacrifice is offered in GOD's honour and glory, we call it a sacrifice of praise; in grateful remembrance of CHRIST's Death and Passion we call it a sacrifice of thanksgiving. Because it is the presentation of the one offering for sin, we plead for "remission of our sins," and because it is offered in supplication for the blessings we need, we pray that we may obtain "all other benefits of His Passion."

For these four ends both Priest and people ought to offer up the Eucharistic Sacrifice,—the Priest as the representative of CHRIST and in His Person, the people through him, and both alike through our Great High-priest and Mediator JESUS CHRIST.

"Once, only once, and once for all,
His precious self He gave;
Before the Cross our spirits fall
And own it strong to save.

"One offering single and complete,
With heart and voice we say,
But what He never can repeat
He shews forth day by day.

"For as the priest of Aaron's line
Within the holiest stood,
And sprinkled o'er the mercy shrine
With sacrificial blood,

"So He Who once atonement wrought,
Our Priest of endless power,
Pleads with His Blood for those He bought
In that dark noontide hour.

"His manhood pleads where yet it lives
On Heaven's eternal throne,
And when in mystic rite He gives
His Presence to His own.

And so we shew Thy death, O LORD,
Till Thou again appear,
And feel, when we approach Thy Board,
We have an Altar here."

II. THE HOLY COMMUNION.

The Holy Eucharist, as it has been shewn, was ordained for the continual remembrance of the sacrifice of the death of CHRIST and of the benefits which we receive thereby.

But it was also ordained for the strengthening and refreshing of our souls by the Body and Blood of CHRIST, for if we are not partakers of that heavenly food, we cannot have eternal life. "Except ye eat the flesh of the Son of Man, and drink His Blood, ye have no life in you."

In Baptism we were made members of CHRIST, children of GOD, and inheritors of the kingdom of Heaven,—but our souls, like our bodies, have need of food that they may live; the life given by a sacrament must be sustained by another sacrament, whereby we become one with CHRIST and He with us.

Therefore our Blessed LORD instituted this marvellous gift of love, whereby He Whose delights are with the sons of men might ever abide with, and dwell in, those who love Him and whom He has loved with an everlasting love. It will be remembered that after He had fed the four thousand with a few loaves and fishes, the multitude followed Him, desiring to be fed by Him as their fathers had been by Moses; He told them not to labour for the meat which perisheth, but for that Heavenly food which should sustain them to eternal life,—"I am the living Bread which came down from Heaven; if any man eat of this Bread, he shall live for ever." The multitude were grieved at this saying, and, from want of faith, forsook Him, understanding His words in a

carnal sense; but the Twelve said, "LORD, to whom shall we go? Thou hast the words of eternal life." Still His words must have been dark and mysterious even to them, until the night before He was betrayed He took bread, blessed, and brake it, and gave it to them, saying, "Take, eat, this is My Body."

"Word made flesh, true bread He maketh
By His Word His Flesh to be,
Wine His Blood, which whoso taketh
Must from carnal thoughts be free;
Faith alone, though sight forsaketh,
Shews true hearts the mystery."

In writing to the Corinthians, S. Paul says that he received a special revelation from the LORD JESUS concerning this great mystery; that the bread which we break is the Communion of the Body of CHRIST, the Cup the Communion of His Blood; that those who eat and drink unworthily eat and drink damnation (or condemnation) to themselves, not discerning the LORD'S body, and are guilty of the Body and Blood of the LORD. Thus the Church Catechism teaches us that in this great Sacrament the outward part is bread and wine, the inward part the Body and Blood of CHRIST, which are verily and indeed taken and received by the faithful (the baptized) in the LORD'S Supper.

Again, we are taught to pray that we may so eat His Flesh and drink His Blood, that our sinful bodies may be made clean by His Body, our souls washed through His most precious Blood, for, as we have already seen, we may so receive this Blessed Sacrament as to become guilty of the Body and Blood of the LORD,—it is one thing to eat sacramentally, another to eat with that true penitent heart and lively faith whereby we become one with CHRIST and He with us, "for he that eateth and drinketh unworthily eateth and drinketh his own condemnation, not discerning the LORD'S Body."

"Good and bad the Feast are sharing,
Yet a doom unlike preparing,
Life or everlasting woe,
Sinners death, the righteous making
Life their own; by that same taking,
Oh, what different ends shall flow!"

Therefore those who seek the grace offered in this Blessed Sacra-

ment should first examine themselves ere they presume to eat of that bread and drink of that cup" (1 Cor. ii. 29)—

I. Whether they repent them truly of all their sins.

II. Whether they have a lively faith in GOD's mercy through CHRIST.

III. Whether they have a thankful remembrance of His death.

IV. Whether they are in charity with all men.

Since Friday was the day of our LORD's Passion, it seems the most appropriate day for self-examination, a subject of which we have freely treated in our last section, but in the case of *frequent* communicants, the evening before the celebration seems the most suitable time.

If each evening, before retiring to rest, you question yourself as to the events of the day, according to the forms provided in your morning and evening devotions, you will have no difficulty in reviewing the period which has passed since your last communion or confession, and so in fulfilling the precept of the Apostle, "Let a man examine himself, and so let him eat of that bread and drink of that cup."

But if there be any difficulty in "quieting your conscience," the remedy proposed by the Prayer Book in that case* is in your power—seek the benefit of absolution, together with ghostly counsel, and advice, to the avoiding of all scruple and doubtfulness.

By such means you will doubtless attain a lively faith in GOD's mercy through CHRIST, and thankful remembrance of His death, which indeed should be the abiding portion of each true Christian, as is well set forth in the hymn—

"My GOD, I love Thee not because
I hope for heaven thereby,
Nor yet because who love Thee not
Must burn eternally.

"Thou, O my JESUS, Thou didst me
Upon the Cross embrace,
For me didst bear the nails, and spear,
And manifold disgrace.

"And griefs and torments numberless,
And sweat of agony;
Yea, death itself; and all for me
Who was Thine enemy.

* See page 90.

"Then why, O blessed JESU CHRIST,
Should I not love Thee well?
Not for the hope of winning heaven,
Nor of escaping hell;

"Not with the hope of gaining aught,
Not seeking a reward;
But as Thyself hast lovèd me,
O ever-loving LORD.

"So would I love Thee, dearest LORD,
And in Thy praise will sing,
Solely because Thou art my GOD,
And my eternal KING. Amen."

Thus animated by repentance, faith, gratitude, and love, doubt not for a moment that He whose love to penitent sinners never faileth will receive you in the fulness of that love.

Come to Him as one sick, to the Physician, unclean, to the Fountain of mercy, blind, to the true Light, poor and needy, to the LORD of all things, and He has said, "Him that cometh to Me I will in no wise cast out."

"It is my Maker! dare I stay?
My Saviour! can I turn away?"

Oh, how marvellous are the gifts of GOD! He has given us this beautiful world in which we live; He has spread out the glory of the skies; but far more wonderful than all His works is the Blessed Sacrament,—it is the pledge of future glory, for it is the medicine of immortality. These frail bodies of ours, nourished and sanctified by that Holy Body, shall one day lose all their stains of sins in the grave, and we shall rise up after His likeness, and be satisfied by it.

"JESU, Whom now veiled I by faith descry,
What my soul doth thirst for do not, LORD, deny,
That Thy Face unveiled I at length may see,
With the blissful vision blest, my LORD and GOD, of Thee."

You may add one or more of the following portions to your prayers every morning and evening during the week before your Communion:—

"*Lord, I am not worthy that Thou shouldest come under my roof.*"

O LORD JESUS CHRIST, SON of the living GOD, how shall I dare to approach Thee? Thou art my Redeemer, my LORD, and my GOD, the King of Heaven and earth, and I am but dust and ashes in Thy sight.

LORD, I am not worthy that Thou shouldest come under my roof, but remember, O LORD, that, being GOD, Thou tookest upon Thee the form of a servant, and didst dwell with publicans and sinners, and humble Thyself even to death. Let that humility move Thee not to despise me, but to come unto me and make Thine abode with me.

Yet how shall I dare receive Thee? The sweetness of Thy words invites me, but the multitude of my sins makes me afraid.

How shall I receive Thee into my soul who have so often offended Thee, Whom angels and archangels fear, Whom glorified saints revere?

I have sinned, O LORD, I have sinned; have mercy upon me; I resign myself wholly to Thy mercy; Thou knowest all my faults from the first hour I could see unto this hour; wash me from mine iniquity and cleanse me from my sin.

Trusting only in Thy great mercy, I approach Thee, sick to the Physician, hungry and thirsty to the Fount of living water, poor to the King of heaven and earth, a creature to the Creator, hoping that in this great Sacrament Thou wilt confer upon me spiritual grace, and restore in my soul that which I have lost, so that I may be Thine for evermore.

"*I will pray the Father, and He shall give you another Comforter, that He may abide with you for ever.*"

O GOD the HOLY GHOST, proceeding from the FATHER and the SON, Thou Who didst regenerate me in Baptism, Who hast inspired my prayers, Who

hast given me Thy sevenfold gifts in Confirmation, visit and cleanse my conscience, that my LORD JESUS CHRIST may, when He cometh, find in me a mansion prepared for Himself.

Without Thee I can do nothing; every virtue I possess, every victory I have won, every gift of holiness is from Thee. Thou must convince of sin, and Thou must speak the message of forgiveness which the precious Blood has purchased, that, cleansed in that healing flood, we may enjoy peace in Thee.

I pray Thee to send Thy light into my soul that I may discover those sins I have been guilty of in thought, word, and deed, that, confessing and forsaking them, I may obtain mercy.

I pray Thee to pour into my heart that most excellent gift of love the very bond of peace and of all virtues, so that I may love GOD with all my heart, with all my soul, and with all my strength, and may love my neighbour as myself.

I pray Thee to take of the things of JESUS and show them unto me, that having in remembrance His precious Death and Passion, His glorious Resurrection and His Session at the right hand of GOD, where He ever liveth to make intercession for us, I may have that lively faith in His mercy and that thankful remembrance of His Death wherewith I may approach this Sacrament of His love, and, touching Him like the poor woman in the Gospel, may hear His most sweet voice, "Go in peace; thy faith hath made thee whole."

Finally, I pray Thee to grant unto me the grace of perseverance, that, having known the way of truth, I may never leave it, that to live may be to live in CHRIST and to die eternal gain. Amen.

"*They that are whole need not a physician, but they that are sick.*"

O CHRIST JESU, I am indeed dust and ashes in Thy sight, but Thou art the refuge of sinners, and Thy mercies are without limit and bound.

Thou hast the words of eternal life. To whom else shall I go but to Thee, Who callest the weary and heavy-laden, that Thou mayst refresh them?

I am sick and infirm, but they that are whole need not a physician; if the very shadow of Peter passing by healed the sick, ought I not to trust in Thee, that entering under my roof and dwelling in me, Thou wilt heal me from my infirmity?

Therefore, knowing that in me, that is in my flesh, dwelleth no good thing, I arise to approach Thee, my Physician and my Refuge, hoping that this Communion may be for the increase of my faith, hope, and charity, a firm protection against my foes, the extermination of evil desires, the increase of faith, humility, purity, and all virtues, and the pledge of future glory. Amen.

"Who shall separate us from the love of Christ?"

O MOST sweet Saviour, CHRIST JESU, how great was the strength of that love which drew Thee from the bosom of the FATHER unto this sinful earth, to take human flesh, to undergo misery, innumerable injuries, nay, the death of the Cross, for us miserable sinners, and for our salvation!

We were the criminals, and Thou didst undergo the shame and the punishment!

And that love, which thus drew Thee down upon earth, led Thee when about to return to the Father, Thy labour of love accomplished, to leave us in this Blessed Sacrament the pledge of Thy love, whereby in a mysterious manner Thou, whose delights are with the sons of men, ever abidest with those whom Thou hast chosen.

O mighty work of love, whosoever abideth in love abideth in Thee. I desire to receive Thee in this Holy Mystery, to be united to Thee, that I may say with Thine Apostle, "Who shall separate me from the love of CHRIST?"

Accomplish and perfect this my desire, O most Blessed LORD and Saviour. Amen.

"Lord, I am not worthy."

WHO am I, my GOD, that I should dare to draw nigh unto Thee? Thou art the Holy of Holies, the King of kings, the LORD of lords, and I a poor wretched sinner, unworthy to be called Thy son.

How should I dare to approach Thee didst Thou not call me so lovingly to come unto Thee, I who am not worthy to raise my eyes unto Thee?

But remember, O good JESU, that being GOD, Thou didst humble Thyself to us who lay in darkness and the shadow of death, and didst deign to hold converse with publicans and sinners.

Therefore, O my GOD, I cry to Thee with the publican, "GOD be merciful to me a sinner." LORD, I am not worthy that Thou shouldst come under my roof, but say the word only, and my soul shall be healed.

"Lord, I believe; help Thou mine unbelief."

I BELIEVE, O LORD JESUS CHRIST, that Thou, being equal and coeternal with the FATHER, didst empty Thyself of Thy glory, and come into this sinful world, for us men and for our salvation.

I believe that Thou didst take upon Thee our flesh in the womb of the ever Blessed Virgin; that Thou didst bear our infirmities and heal our sicknesses; didst give sight to the blind and speech to the dumb, didst cast out devils and raise the dead.

I believe that Thou didst suffer hunger and thirst, toil and pain; that Thou wast tempted in all points as we are, yet without sin, and, being found in fashion as a man, didst humble Thyself to death, even the death of the Cross, for us miserable sinners in darkness, and in the shadow of death, that Thou mightest make us the sons of GOD, and exalt us to everlasting life.

I believe that Thou didst bear my sins in Thine own Body on the Tree; that through Thee, and Thee alone, can I have peace with GOD, and be reconciled by Thy

Blood; that there is none other name under heaven given amongst men whereby we may be saved.

I believe that having loved Thine own in this world, Thou dost love us to the end; that, being about to leave the world and go to the FATHER, Thou didst institute and ordain these Holy Mysteries, as pledges of Thy love, whereby Thou mightest ever abide with us after a heavenly and incomprehensible manner, whereby Thou mightest become one with us and make us one with Thee.

O LORD JESUS CHRIST, Who art a Priest for ever, and Who hast said, "My flesh is meat indeed, My blood is drink indeed," I believe that Thou art the CHRIST, the SON of the living GOD, Who camest into the world, and art present in this Sacrament. LORD, increase my faith. I believe that there cannot be a greater happiness than to receive Thee worthily, a greater misery than to receive Thee unworthily. LORD, I believe; help Thou mine unbelief.

THE MORNING BEFORE CELEBRATION.

"Lord, I am not worthy."

TRUSTING only in Thy mercy, O LORD JESUS, I draw near, sick that Thou mayest heal me, hungry that Thou mayest feed me, thirsty that Thou mayest give me drink, poor and needy that Thou mayest relieve me, desolate to my kind Comforter.

But whence is this to me that Thou shouldst come unto me and give Thyself to me? how shall I appear before Thee? how canst Thou come to me a sinner?

Thou knowest, O good LORD, that I have no good thing in me to deserve this mercy; I confess my unworthiness, I acknowledge Thy goodness, I give Thee thanks for Thy mercy, I praise Thee for Thine exceeding love.

Since, therefore, it is Thy will, since Thou hast said, Come unto Me, I come, O LORD; let not my sins move Thee to reject me; be it unto me according to Thy word; for there is none other name given under heaven

amongst men whereby we may be saved but Thine, O most Blessed LORD and SAVIOUR.

And whatsoever is wanting unto me, do Thou, O most merciful JESUS, vouchsafe to supply out of the riches of Thy merits, Thy pains and labours, Thy bitter death, whereby Thou hast redeemed me, who livest and reignest with the FATHER and the HOLY GHOST, one GOD, for ever and ever. Amen.

1. It was the rule of the early Church, which has never been changed by any authority, to receive the Blessed Sacrament fasting from the previous midnight. If you are able to attend early celebrations, it will be very easy to comply with this rule, so that the Bread of Life may be the first food you receive.

2. If you are unable to communicate early, remember to keep your mind from being entangled with worldly thoughts before going to church. For this purpose be as much alone as possible, and use further devotions if you can do so without fatiguing yourself; the Litany of the Passion, page 146, and the previous portions may assist you.

3. Always endeavour to practise self-denial, so as to give something, however little, at the offertory; but do not be disquieted if you are unable to do so.

4. Strive to be in good time for the service, that you may the better compose your mind for devotion. Upon your road to church give yourself up to silent meditation; imagine yourself in company with the holy women going to the Sepulchre on the first Easter Day to embalm the body of your LORD.

> "Myrrh and spices will I bring,
> True affection's offering,
> Close the heart to sight and sound
> Of the busy world around."

5. When you come to the churchyard, think of your forefathers who sleep in CHRIST, who are yet a part of His Mystical Body, and of all those departed this life in His faith and fear, with whom you are one with CHRIST through these Holy Mysteries.

6. When you enter the porch and see the font, think of the washing of regeneration you there received, and thank Him Who has made you a member of His Mystical Body

7. Then, when you come before the altar, reverently bow your head and adore Him Whose throne it is; let the Cross thereon remind you of JESUS crucified, and pray that through His Cross and Passion you may be partaker of His resurrection. Let the altar cloth, if red, remind you of the blood of the martyrs shed for JESUS; if white, of His spotless innocence, or the white robes of saints which have been washed in His blood; if purple, of the purple robe of scorn, of the humiliations and shame He bore for you; if green, of His bountiful providence Who thus robes the earth that it may bring forth food which maketh glad the heart of man.

8. When you arrive at your place kneel down, humbly compose your thoughts, and say the 43rd Psalm, which has been from ancient times used as a preparation for the Holy Communion.

IN THE CHURCH BEFORE SERVICE.

O ALMIGHTY FATHER, behold, I, who am dust and ashes in Thy sight, presume to appear before Thee to offer up to Thee this most Holy Sacrifice, through our Great High-priest JESUS CHRIST our LORD.

I offer it in union with that sacrifice He offered upon the Cross, and still presents before Thine altar on high.

I offer it for Thine honour and glory, to the praise of Thy Holy Name, and in adoration of Thy Divine majesty.

I offer it in thanksgiving for the Death and Passion of Thy dear SON, and for all the blessings I have received from Thee, for the means of grace and for the hope of glory

I offer it to obtain pardon and remission of all my sins, and of the sins of those dear to me, through the precious Blood here pleaded before Thee.

I offer it for all needful blessings and graces both for myself and for all others for whom I ought to pray (*especially* ——).

Oh, be Thou pleased so to assist me by Thy grace that I may behave as I ought in Thy Divine presence, and that I may so commemorate the Death and Passion of Thy

dear SON, that I may obtain grace here and eternal glory hereafter, through the same JESUS CHRIST our LORD. Amen.

If you are going to communicate, add,

O LORD JESUS CHRIST, King of everlasting glory, behold, I desire to come to Thee this day, and to receive Thy Body and Blood in this Holy Sacrament for Thy honour and glory and for the good of my soul. I desire to receive Thee, because it is Thy desire and Thou hast so ordained, blessed be Thy Name for ever. I desire to come to Thee like Magdalene, that I may be delivered from all my evils and embrace Thee my only good. I desire to come to Thee, that I may be happily united to Thee. Oh, grant that neither life nor death, nor things present nor things to come, may ever separate me from the love of GOD which is in Thee. Amen.

When the Priest approaches the altar you may say,

TAKE from us, O LORD, we beseech Thee, our iniquities, that we may be found worthy to approach the Holy of Holies with pure minds and undefiled hearts, through JESUS CHRIST our LORD. Amen.

The Order of the Administration of the Lord's Supper, or, Holy Communion.

✠

OUR FATHER, which art in heaven, hallowed be Thy Name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive them that trespass against us. And lead us not into temptation; but deliver us from evil. Amen.

ALMIGHTY GOD, unto Whom all hearts be open, all desires known, and from Whom no secrets are hid, Cleanse the thoughts of our hearts by the inspiration of Thy Holy Spirit, that we may perfectly love Thee, and worthily magnify Thy holy Name, through CHRIST our LORD. Amen.

During the reading of each commandment call to mind how you have broken it, in thought, aud word, and deed, and ask for pardon in the response which follows.

Minister.

GOD spake these words, and said, I am the LORD thy GOD; thou shalt have none other gods but me.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not make to thyself any graven image, nor the likeness of anything that is in heaven above, or in the earth beneath, or in the water under the earth. Thou shalt not bow down to them, nor worship them, for I the LORD thy GOD am a jealous GOD, and visit the sins of the fathers upon the children, unto the third and fourth generation of them that hate Me, and

shew mercy unto thousands in them that love Me, and keep My commandments.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not take the Name of the LORD thy GOD in vain, for the LORD will not hold him guiltless that taketh His Name in vain.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Remember that thou keep holy the Sabbath-day. Six days shalt thou labour, and do all that thou hast to do; but the seventh day is the Sabbath of the LORD thy GOD. In it thou shalt do no manner of work, thou, and thy son, and thy daughter, thy man-servant and thy maid-servant, thy cattle and the stranger that is within thy gates. For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day, wherefore the LORD blessed the seventh day, and hallowed it.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Honour thy father and thy mother, that thy days may be long in the land which the LORD thy GOD giveth thee.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt do no murder.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not commit adultery.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not steal.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not bear false witness against thy neighbour.

People. LORD, have mercy upon us, and incline our hearts to keep this law.

Minister. Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his servant, nor his maid, nor his ox, nor his ass, nor anything that is his.

People. LORD, have mercy upon us, and write all these Thy laws in our hearts, we beseech Thee.

The Collect for the Queen.

ALMIGHTY GOD, Whose kingdom is everlasting and power infinite, have mercy upon the whole Church; and so rule the heart of Thy chosen servant *VICTORIA*, our Queen and Governour, that she (knowing whose minister she is) may above all things seek Thy honour and glory, and that we and all her subjects (duly considering whose authority she hath) may faithfully serve, honour, and humbly obey her, in Thee, and for Thee, according to Thy blessed Word and ordinance, through JESUS CHRIST our LORD, Who with Thee and the HOLY GHOST liveth and reigneth, ever one GOD, world without end. Amen.

Or,

ALMIGHTY and everlasting GOD, we are taught by Thy holy Word that the hearts of kings are in Thy rule and governance, and that Thou dost dispose and turn them as it seemeth best to Thy godly wisdom; we humbly beseech Thee so to dispose and govern the heart of *VICTORIA* Thy servant, our Queen and governour, that, in all her thoughts, words, and works, she may ever seek Thy honour and glory, and study to preserve Thy people committed to her charge in wealth, peace, and godliness. Grant this, O merciful FATHER, for Thy dear Son's sake, JESUS CHRIST our LORD. Amen.

The Collect for the day is then said. Follow attentively in your Prayer Book the words of the Epistle and Gospel. Before the latter join in saying, "Glory be to Thee, O God," and after it has been read, "Thanks be to Thee, O God," praying that the precepts of the Gospel may be the rule of your life.

The Nicene Creed.

I BELIEVE in one GOD the FATHER ALMIGHTY, Maker of heaven and earth, and of all things visible and invisible,

And in one LORD JESUS CHRIST, the only-begotten SON of GOD, begotten of His FATHER before all worlds, GOD of GOD, Light of Light, very GOD of very GOD, Begotten, not made, Being of one substance with the FATHER, By Whom all things were made, Who for us men and for our salvation came down from heaven,* And was incarnate by the HOLY GHOST of the Virgin Mary, AND WAS MADE MAN, And was crucified also for us under Pontius Pilate. He suffered and was buried, And the third day He rose again according to the Scriptures, And ascended into heaven, And sitteth at the right hand of the FATHER, And He shall come again with glory to judge both the quick and the dead, Whose kingdom shall have no end.

And I believe in the HOLY GHOST, The LORD and Giver of Life, Who proceedeth from the FATHER and the SON, Who with the FATHER and the SON together is worshipped and glorified, Who spake by the Prophets. And I believe one Catholick and Apostolick Church. I acknowledge one Baptism for the remission of sins, And I look for the Resurrection of the dead, And the life of the world to come. Amen.

Here say privately,

GRANT, O LORD, that I may die in this faith and in the communion of Thy Holy Church, and be united to Thee and Thine by a faith and charity which shall never end.

* Here in ancient times it was customary to kneel in reverence to the mystery of the Incarnation."

The Offertory.

LET your light so shine before men, that they may see your good works, and glorify your FATHER which is in heaven. *S. Matt.* v.

Lay not up for yourselves treasures upon the earth, where the rust and moth doth corrupt, and where thieves break through and steal; but lay up for yourselves treasures in heaven, where neither rust nor moth doth corrupt, and where thieves do not break through and steal. *S. Matt.* vi.

Whatsoever ye would that men should do unto you, even so do unto them, for this is the Law and the Prophets. *S. Matt.* vii.

Not every one that saith unto me, LORD, LORD, shall enter into the Kingdom of heaven, but he that doeth the will of My FATHER which is in heaven.

S. Matt. vii.

During the reading or singing of these sentences the alms are collected, after or during which the elements of bread and wine are solemnly presented upon the altar before God.

Strive to give at the Offertory, if it be ever so little, but do not be disquieted if you are unable to do so.

PRAYER AT THE OFFERTORY.

ACCEPT, O Eternal FATHER, this offering here made Thee by Thy Minister in the name of all present and of Thy whole Church, in memory of the Death and Passion of thy dear SON JESUS CHRIST our LORD. He is our High-priest and He is our Victim. With Him and through Him we desire to approach Thee this day, and with this offering of Thine only-begotten Son we desire to offer ourselves, our souls, and bodies, humbly beseeching Thee that we may be happily united to Thee, and that no thing in life or death may ever separate us more from Thee, through the same JESUS CHRIST our LORD. Amen.

Here think of the especial grace or favour you most need from God, whether for yourselves or others, and pray that it may be granted unto you, for the sake of that Death and Passion about to be pleaded before Him.

O MY GOD, grant unto me ——— through the merits of that Death and Passion about to be pleaded before Thee in these Holy Mysteries. Amen.

Then shall the Priest say,

Let us pray for the whole state of Christ's Church militant here on earth.

ALMIGHTY and ever-living GOD, Who by Thy holy Apostle hast taught us to make prayers and supplications, and to give thanks, for all men,

OBLATION OF THE ELEMENTS. We humbly beseech Thee most mercifully to accept our alms and oblations, and to receive these our prayers, which we offer unto Thy Divine Majesty,

Beseeching Thee to inspire continually the universal Church with the spirit of truth, unity, and concord. And grant that all they that do confess Thy holy Name may agree in the truth of Thy holy Word, and live in unity and godly love.

REMEMBER THE LIVING. We beseech Thee also to save and defend all Christian kings, princes, and governours, and specially Thy servant VICTORIA our Queen; that under her we may be godly and quietly governed. And grant unto her whole Council, and to all that are put in authority under her, that they may truly and indifferently minister justice, to the punishment of wickedness and vice, and to the maintenance of Thy true religion and virtue.

Give grace, O Heavenly FATHER, to all Bishops and Curates (*especially the Bishop of this diocese, and the clergy of this parish*), that they may both by their life and doctrine set forth Thy true and lively Word, and rightly and duly administer Thy holy Sacraments;

And to all Thy people give Thy heavenly grace (*especially* ———), and especially to this congregation here present, that with meek heart and due reverence, they may hear and receive Thy holy Word, truly serving Thee in holiness and righteousness all the days of their life.

And we most humbly beseech Thee of Thy goodness, O LORD, to comfort and succour all them who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity (*especially* ———).

REMEMBER THE DEPARTED.

And we also bless Thy holy Name for all Thy servants departed this life in Thy faith and fear (*especially* ———), beseeching Thee to give us grace so to follow their good examples, that with them we may be partakers of Thy heavenly kingdom.

Grant this, O FATHER, for JESUS CHRIST'S sake, our only Mediator and Advocate. Amen.

If the longer exhortation be read, listen attentively, and pray God to give you His grace to approach the Holy Communion, either at the present time or upon the next occasion, with the spiritual qualifications therein pointed out. The following short exhortation then follows:

YE that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of GOD, and walking from henceforth in His holy ways, draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty GOD, meekly kneeling upon your knees.

The General Confession then follows, during which you must strive to realize the iniquity of those sins which you have committed against God.

ALMIGHTY GOD, FATHER of our LORD JESUS CHRIST, Maker of all things, Judge of all men, we acknowledge and bewail our manifold sins and wickedness, which we, from time to time, most grievously have committed, by thought, word, and deed, against Thy Divine Majesty, provoking most justly Thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us; the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful FATHER; for Thy SON our LORD JESUS CHRIST'S sake, forgive us all that is past; and grant that we may ever hereafter serve and please Thee in newness of life, to the honour and glory of Thy Name, through JESUS CHRIST our LORD. Amen.

Now listen with humble thankfulness to the message of mercy God sends you through His Priest.

ALMIGHTY GOD, our Heavenly FATHER, Who of His great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto Him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life, through JESUS CHRIST our LORD. Amen.

The Comfortable Words follow, setting forth the love of your forgiving Lord. Listen with a thankful heart to these gracious words.

Hear what comfortable words our Saviour CRIST saith unto all that truly turn to Him.

COME unto Me, all that travail and are heavy-laden, and I will refresh you. *S. Matt.* xi. 28.

So GOD loved the world, that He gave His only-be-

gotten SON, to the end that all that believe in Him should not perish, but have everlasting life. *S. John* iii. 16.

Hear also what Saint Paul saith.

This is a true saying, and worthy of all men to be received, that CHRIST JESUS came into the world to save sinners. 1 *Tim.* i. 15.

Hear also what Saint John saith.

If any man sin, we have an Advocate with the FATHER, JESUS CHRIST the righteous; and He is the propitiation for our sins. 1 *S. John* ii. 1.

The most solemn part of the Office now approaches, to which the Sursum Corda, Preface, and Sanctus have been prefixed from the earliest ages of faith.

Sursum Corda.

V. Lift up your hearts.
R. We lift them up unto the LORD.
V. Let us give thanks unto our LORD GOD.
R. It is meet and right so to do.

The Preface.

IT is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto Thee, O LORD [Holy FATHER], Almighty, Everlasting GOD.

[*Here, on certain great days, a proper Preface is inserted.*]

THEREFORE, with Angels and Archangels, and with all the company of Heaven, we laud and magnify Thy glorious Name, evermore praising Thee, and saying

The Sanctus.

HOLY, holy, holy, LORD GOD of hosts, Heaven and earth are full of Thy glory. Glory be to Thee, O LORD most high. Amen.

Proper Prefaces.

Upon Christmas-day, *and seven days after.*

BECAUSE Thou didst give JESUS CHRIST Thine only SON to be born as at this time for us, Who, by the operation of the HOLY GHOST, was made very man of the substance of the Virgin Mary His mother, and that without spot of sin, to make us clean from all sin. Therefore with Angels, etc.

Upon Easter-day, *and seven days after.*

BUT chiefly are we bound to praise Thee for the glorious Resurrection of Thy SON JESUS CHRIST our LORD, for He is the very Paschal Lamb, Which was offered for us, and hath taken away the sins of the world, Who by His death hath destroyed death, and by His rising to life again hath restored to us everlasting life. Therefore with Angels, etc.

Upon Ascension-day, *and seven days after.*

THROUGH Thy most dearly beloved SON JESUS CHRIST our LORD, Who after His most glorious resurrection manifestly appeared to all His Apostles, and in their sight ascended up into Heaven to prepare a place for us, that where He is, thither we might also ascend, and reign with Him in glory. Therefore with Angels, etc.

Upon Whitsun-day, *and six days after.*

THROUGH JESUS CHRIST our LORD, according to Whose most true promise the HOLY GHOST came down as at this time from Heaven with a sudden great sound, as it had been a mighty wind, in the likeness of fiery tongues, lighting upon the Apostles, to teach them, and to lead them to all truth, giving them both the gift of divers languages, and also boldness with fervent zeal constantly to preach the Gospel unto all nations, whereby we have been brought out of darkness and error into the clear light and true knowledge of Thee, and of Thy SON JESUS CHRIST. Therefore with Angels, etc.

Upon the Feast of Trinity *only.*

WHO art one GOD, one LORD, not one only Person, but three Persons in one Substance. For that which we believe of the glory of the FATHER, the same we believe of the SON, and of the HOLY GHOST, without any difference or inequality. Therefore with Angels, etc.

The Prayer of Humble Access is then said by the Priest in the name of all those about to communicate; if you do not intend to do so on this occasion, think of your next Communion.

WE do not presume to come to this Thy Table, O merciful LORD, trusting in our own righteousness, but in Thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under Thy Table. But Thou art the same LORD, Whose property is always to have mercy. Grant us, therefore, gracious LORD, so to eat the Flesh of Thy dear SON JESUS CHRIST, and to drink His Blood, that our sinful bodies may be made clean by His Body, and our souls washed through His most precious Blood, and that we may evermore dwell in Him, and He in us. Amen.

The great act of the Service—the Prayer of Consecration—now commences, wherein, by the power of the Holy Ghost, the bread and wine become, after a heavenly and spiritual manner, the Body and Blood of Christ, which are solemnly presented before God in memorial of His Death and Passion, that the fruits thereof may be applied to our souls in these holy Mysteries, wherein Christ is invisibly present as our Priest and our Victim once for all slain upon Calvary, and here pleaded before God.

Think of the especial grace you desire from God, and beseech Him to grant it through the merits of that precious Death here pleaded before Him; then pray in the words of the earliest liturgies,

HAVE mercy upon us, O LORD, our GOD, after Thy great mercy, and send down upon us, and upon these gifts lying before Thee, Thy HOLY GHOST, that He may make this bread the Holy Body and this cup the Blood of Thy CHRIST, that it may be to us who partake of it for the remission of sins, and for the sanctification of soul and body unto life everlasting. Amen.

BLESSED is He that cometh in the name of the LORD Hosannah in the highest.

After the Consecration of the Bread say,

Hail, Memorial wondrous of the LORD's own Death,
Living Bread, that giveth all His creatures breath.

After the Consecration of the Cup,

Fountain of refreshment, JESU, LORD and GOD,
Cleanse my heart's uncleanness with Thy precious Blood.

Prayer of Consecration.

ALMIGHTY GOD our Heavenly FATHER, Who of Thy tender mercy didst give Thine only SON JESUS CHRIST to suffer death upon the Cross for our redemption, Who made there, by His one oblation of Himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world, and did institute, and in His Holy Gospel command us to continue a perpetual memory of that His precious Death, until His coming again,

THE INVOCATION.

Hear us, O merciful FATHER, we most humbly beseech Thee; and grant that we receiving these Thy creatures of bread and wine, according to Thy SON our SAVIOUR JESUS CHRIST'S holy institution, in remembrance of His Death and Passion, may be partakers of His most blessed Body and Blood,

CONSECRATION OF THE BREAD.

Who in the same night that He was betrayed took bread, and when He had given thanks, He brake it, and gave it to His disciples, saying, Take, eat; THIS IS MY BODY WHICH IS GIVEN FOR YOU; do this in remembrance of Me.

CONSECRATION OF THE CUP.

Likewise after supper He took the cup; and when He had given thanks, He gave it to them, saying, Drink ye all of this, FOR THIS IS MY BLOOD OF THE NEW TESTAMENT, WHICH IS SHED FOR YOU AND FOR MANY FOR THE REMISSION OF SINS; do this as oft as ye shall drink it in remembrance of Me. Amen.

AFTER CONSECRATION.

You may use one or more of the following Acts of Adoration.

I

Agnus Dei.

O Lamb of God, that takest away the sins of the world, have mercy upon us.

O Lamb of God, that takest away the sins of the world, have mercy upon us.

O Lamb of God, that takest away the sins of the world, grant us Thy peace.

II.

O Memoriale.

O memorial wondrous of the Lord's own Death,
Living Bread, that giveth all His creatures breath!
Grant my spirit ever by Thy life may live,
To my taste Thy sweetness never-failing give;
Shepherd of the faithful, Jesu, hear our cry,
Lord, increase our faith who on Thy faith rely.

Fountain of refreshment, Jesu, Lord and God,
Cleanse my heart's uncleanness with Thy precious Blood;
Lo, one drop, dear Jesu, all the world could save,
From sin's foul pollution all creation lave;
Shepherd of the faithful, etc.

Jesu, Whom now veilèd I by faith descry,
What my soul doth thirst for do not, Lord, deny,
That Thy Face unveilèd I at last may see,
With the vision blest, my Lord and God, of Thee;
Shepherd of the faithful, etc.

After you have adored the Lord who so graciously visits you in His Sacrament of Love, plead the sacrifice, now offered on behalf of His whole Church, and especially of those who are dear to you.

O ALMIGHTY FATHER, we Thy humble servants, remembering the Death and Passion of Thy SON our LORD, His glorious Resurrection, and wonderful Ascension, and also the day when He shall come again with glory to judge both the quick and the dead, do celebrate, and make here with these Thy holy Gifts, which we now offer unto Thee, the memorial Thy SON hath commanded us to make, earnestly desiring Thy Fatherly goodness to accept this our sacrifice of Praise and Thanksgiving for Thy whole Church, and especially those for whom we now pray. We pray for all those who shall receive this Holy Communion, that Thou wilt fill them with Thy grace and heavenly benediction.

For Thy Holy Church throughout all the world:
For those who are set over us in the LORD:
For all who are sad and afflicted (especially):
For the sick and the dying (especially):
For the widows and orphans, the poor, and the needy:
For my dear parents, my brothers, and sisters:
My benefactors and friends, my teachers and school-fellows:

For all Thy servants and handmaidens whom Thou hast called to depart from this life in Thy faith and fear (especially. . .). Grant them, O LORD, rest and peace in the land of the living, where Thou dost wipe away the tears from every eye.

And to us sinners, Thy servants, trusting in the multitude of Thy mercies, grant that we may live to Thy glory, and die in Thy faith and fear: through JESUS CHRIST our LORD, whose atoning death we show forth in these Holy Mysteries.

But, if you have not time for this last long prayer, pray thus,—

O MOST GRACIOUS FATHER, accept this pure and spotless offering at the hands of Thy priest, in union with that most holy offering of Himself which Thy dear SON made during His whole life upon earth, at the Last Supper, and on the Cross. Accept It for me and all those I love, and all for whom He vouchsafed to die. Amen.

Before Communion.

Lord,
I am not worthy
that Thou shouldst come under my roof;
For it is desolate and ruinous,
neither wilt Thou find within me
place to lay Thy head.
But since Thou hast not disdained to recline
in a stable with the brute beasts,
nor disdained to be the Guest
of Simon the Leper,
neither hast spurned
the woman who, like me, was a great sinner,
nor abhorred
the washing of her tears,
so deign, O Lord, to receive me,
the chief of sinners,
to the participation
of this immaculate and life-giving
Sacrament.

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, refresh me;
Water from the Side of Christ, wash me;
Passion of Christ, strengthen me.
O good Jesu, hear me,
Within Thy wounds hide me,
Suffer me not to be separated from Thee.
From the malicious enemy defend me,
In the hour of death call me,
And bid me come unto Thee,
That with Thy Saints I may praise Thee
To all eternity. Amen.

O LORD Jesus Christ, Son of the living God, Who hast said, My Flesh is meat indeed, My Blood is drink indeed. Lo, I draw nigh to Thee, trusting only in Thy mercy and loving-kindness. Deliver me by this Thy Sacred Body and Blood from every evil: give me grace to take Thy easy yoke and light burden

upon me, and to walk in the way of Thy commandments, and suffer me never to be separated from Thee any more, O SAVIOUR of the world. Amen.

As you kneel at the Altar step, say three times,

LORD, I am not worthy that Thou shouldst come under my roof, but speak the word only, and Thy servant shall be healed.

Fix your mind upon the thought of Him Who is coming to you,—your Lord and your Master. Say "Amen" softly after the words "The Body of our Lord Jesus Christ, Which was given for thee, preserve thy body and soul unto everlasting life." When the Blessed Sacrament is placed upon the palm of the hand convey It reverently and carefully to your lips, taking care that no particle remains.

When the Priest is coming to you with the Chalice say,

WHAT reward shall I give unto the LORD for all the benefits He hath done unto me? I will receive the cup of salvation, and call upon the Name of the LORD.

Say, as before, "Amen," after the words "The Blood of our Lord Jesus Christ, Which was shed for thee, preserve thy body and soul unto everlasting life." Receive the chalice carefully and raise it to your lips.

Then think of the particular grace you need from God, and say,

O ETERNAL FATHER, I receive this Blessed Sacrament, humbly beseeching Thee through It to grant me ———— for the sake of Him Who now dwelleth in me. Amen.

Retire from the Altar when the next person to you has been communicated, saying,

PRAISE the LORD, O my soul, and all that is within me, praise His holy Name.

O ALMIGHTY LORD and everlasting GOD, my LORD JESUS CHRIST, be merciful to my sins through my reception of Thy Body and Thy Blood. For Thou hast said ,Whoso eateth My Flesh and drinketh My Blood dwelleth in Me, and I in him. Wherefore I humbly pray Thee to make me a clean heart and to renew a right spirit within me, to deliver me from all the snares of the devil and cleanse me from all my faults, especially (———), that so I may be partaker of Thy heavenly joys. Who livest and reignest with the FATHER and the HOLY GHOST ever one GOD, world without end. Amen.

Here you may add the Hymn of Thanksgiving after Communion ("Jesu, gentlest Saviour").

JESU, gentlest SAVIOUR!
  GOD of might and power!
Thou Thyself art dwelling
  In us at this hour.

Nature cannot hold Thee,
  Heaven is all too strait
For Thine endless glory
  And Thy royal state.

Out beyond the shining
  Of the farthest star,
Thou art ever stretching
  Infinitely far.

Yet the hearts of children
  Hold what worlds cannot;
And the GOD of wonders
  Loves the lowly spot.

JESU, gentlest SAVIOUR!
  Thou art in us now;
Fill us with Thy Goodness,
  Till our hearts o'erflow.

Pray the prayer within us
  That to Heaven shall rise;
Sing the song that angels
  Sing above the skies.

Multiply our graces,
  Chiefly love and fear,
And, dear LORD, the chiefest,
  Grace to persevere.

O! how can we thank Thee
  For a Gift like this,—
Gift that truly maketh
  Heaven's eternal bliss.

Ah! when wilt Thou always
  Make our hearts Thy home?
We must wait for Heaven,
  Then the day shall come.

ACTS OF DEVOTION AFTER COMMUNION.

Do not hesitate to ask eagerly for graces for yourself and those dear to you. You have within you an infinite Treasure of Heavenly Grace. The avidity of him who seeks provokes the liberality of God the Giver. Open thy mouth wide, and He will fill it.

The few minutes after Communion have always been felt to be a most appropriate time to intercede for those who need or desire our prayers. If there is time, therefore, pray especially for your parents and those most dear to you, using the intercessions you are in the habit of using daily.

But if you are present without communicating while others are receiving, use the following prayer,—

O LORD JESUS CHRIST, although I may not now receive Thy precious Body and life-giving Blood, yet I beseech Thee to look in Thy mercy upon me, and to give me all the graces I

need. LORD, I am not worthy that Thou shouldst come under my roof, but say the word only, and my soul shall be healed. Wash me from all my sins in Thy most precious Blood. Come into my heart, O LORD JESUS, to abide there, and bless me; and, O dear LORD, prepare me to receive Thee worthily: make me a mansion fit for Thyself; and grant that I may soon receive Thee in this Blessed Sacrament, to the glory of Thy Name, and the good of my own soul, for Thy tender mercies' sake. Amen.

"O come to me, dear LORD, to-day,
And be Thy love my strength and stay;
To forest streams the hart doth hie,
When he for thirst is like to die:
And so my soul doth long for Thee,
Oh! JESUS, JESUS, come to me."

Do not look idly about while the faithful are receiving the Holy Communion; use any of the prayers suitable from this book, or pray in your own words—never mind how broken they are; will a father heed his children's cries for bread the less because they speak with stammering tongues?

Ask for the graces you need, for strength to overcome your besetting sin, for aught you need in your daily life. Pray for your parents, brothers and sisters, friends and relations, teachers and schoolfellows, asking that they may all lead good lives, and love God more and more. Think of those you once loved on earth, and who have gone before into the land beyond the grave; pray that God would grant them a place of refreshment, light, and peace, and that you may meet them by-and-bye in Heaven. If your thoughts wander, fix your eyes on the Cross, which tells of the Passion, or at any picture of the Crucifixion, e.g., in the chancel window, think you see Him really hanging there, and remember He bore it all for love of you, and that in these Holy Mysteries that atoning love is shown forth and pleaded before the Father:

and let the Altar lights, if burning, remind you of Him who is the Light of the world, whose beams grow brighter *as the world's sun is* darker, *shining more and more unto the perfect day.*

When all have communicated, the Priest veils that which yet remains of the Heavenly food, and begins the Thanksgiving with the Lord's Prayer, in which all join.

OUR FATHER.

Then follows one of the post-communion prayers.

O LORD and heavenly FATHER, we Thy humble servants entirely desire Thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching Thee to grant, that by the merits and death of Thy SON JESUS CHRIST, and through faith in His Blood, we and all Thy whole Church may obtain remission of our sins, and all other benefits of His passion.

THE OBLATION OF OURSELVES.

And here we offer and present unto Thee, O LORD, ourselves, our souls, and bodies, to be a reasonable, holy, and lively sacrifice unto Thee; humbly beseeching Thee, that all we, who are partakers of this Holy Communion, may be fulfilled with Thy grace and heavenly benediction.

And although we be unworthy, through our manifold sins, to offer unto Thee any sacrifice, yet we beseech Thee to accept this our bounden duty and service; not weighing our merits, but pardoning our offences, through JESUS CHRIST our LORD;

By Whom, and with Whom, in the unity of the HOLY GHOST, all honour and glory be unto Thee, O FATHER Almighty, world without end. Amen.

Or this,

ALMIGHTY and ever-living GOD, we most heartily thank Thee for that Thou dost vouchsafe to feed us, who have duly received these Holy Mysteries, with the spiritual food of the most precious Body and Blood of Thy SON our SAVIOUR JESUS CHRIST, and dost assure us thereby of Thy favour and goodness towards us; and that we are very members incorporate in the mystical Body of Thy SON, which is the blessed company of all faithful people, and are also heirs through hope of Thy everlasting kingdom, by the merits of the most precious Death and Passion of Thy dear SON. And we most humbly beseech Thee, O heavenly FATHER, so to assist us with Thy grace, that we may continue in that holy fellowship, and do all such good works as Thou hast prepared for us to walk in; through JESUS CHRIST our LORD, to Whom, with Thee and the HOLY GHOST, be all honour and glory, world without end. Amen.

The Gloria in Excelsis follows, the first words of which were sung by Angels the night of our Lord's Nativity. Make it a fervent act of adoration and thanksgiving.

GLORY be to GOD on high, and in earth peace, goodwill towards men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory, O LORD GOD, heavenly King, GOD the FATHER Almighty.

O LORD, the only-begotten SON JESU CHRIST; O LORD GOD, Lamb of GOD, SON of the FATHER, That takest away the sins of the world, have mercy upon us. Thou That takest away the sins of the world, have mercy upon us. Thou That takest away the sins of the world, receive our prayer. Thou That sittest at the right hand of GOD the FATHER, have mercy upon us.

For Thou only art holy; Thou only art the LORD; Thou only, O CHRIST, with the HOLY GHOST, art most high in the glory of GOD the FATHER. Amen.

Now kneel down and receive the Blessing with which God dismisses you through the ministry of His Priest.

THE peace of GOD, which passeth all understanding, keep your hearts and minds in the knowledge and love of GOD,

And of His SON JESUS CHRIST our LORD; THE PEACE.

And the blessing of GOD Almighty, the FATHER, the SON, and the HOLY GHOST, be amongst you and remain with you always. Amen. THE BLESSING.

I RENDER Thee most hearty thanks, O my GOD, through JESUS CHRIST Thy SON, that Thou hast been pleased to deliver Him up to death for us, and to give us His Body and Blood, both as a Sacrament and a Sacrifice, in these Holy Mysteries, at which Thou hast permitted me to assist this day. May all heaven and earth bless and praise Thee for ever for all Thy mercies. Oh! pardon me, dear LORD, all my distractions, and the manifold negligences which I have been guilty of this day in Thy sight; and let me not depart without Thy Benediction. Behold, I desire from this moment to give up myself, and all that belongs to me, into Thy Hands; and I beg that all mine undertakings, all my thoughts, words, and actions, may henceforward tend to Thy glory, through the same JESUS CHRIST our LORD. Amen.

Before leaving the Church.

THE Mystery of Thy Dispensation, O CHRIST our GOD,
Hath been accomplished as far as in us lies.
We have seen the memory of Thy Death;
We have seen the type of Thy Resurrection;
We have been filled with Thine endless life;
We have enjoyed Thy heavenly delights, of which
We pray Thee make us worthy hereafter.
Through the grace of GOD the FATHER, and of Thy Holy,
Good, and Life-giving Spirit, let us depart in peace.
Amen.

Return home meditating in silence on the Gift which is in you.

After the Celebration.

Be sure that through the day you do not forget the Mighty Guest you have received. Be careful that you guard against the intrusion of unworthy thoughts, and that you raise your mind often to Him Who is of His own sweet Will one with you through this wondrous Mystery, in Whom you dwell, and Who dwelleth in you.

Therefore guard yourself against the sins into which you are most apt to fall,—despondency, bad temper, exaggerations, unkind or uncharitable words, irreverence in word or act, careless language, the company of those who might suggest evil, or talk of it in your presence.

But do not appear low-spirited or gloomy; many confound religion with gloom and reserve, but you have every reason to be happy and to rejoice, for great is the blessing you have received; let all things be done in a cheerful spirit.

Thanksgiving.

The Evening after Communion.

"*My beloved is mine and I am His.*"

O LORD JESU CHRIST, my Creator and my Redeemer, whence is this to me that Thou, Whom Heaven and earth cannot contain, shouldst enter into my house of clay and make Thine abode with me?

What return shall I make Thee, O my LORD, for all the benefits that Thou hast done unto me? Behold, when I had no being Thou didst create me; when I was gone astray and lost in my sins Thou didst redeem me.

All that I have is Thine, and now, to crown Thy other favours, Thou hast given me Thyself. Blessed be Thy Name for ever. Praise the LORD, O my soul, and all that is within me, praise His Holy Name.

Like Zacchæus, I have this day presumed to receive Thee into my house, but, alas! with how little preparation! how little devotion! I grieve over my coldness of heart, and my great unworthiness which has rendered me so unfit to draw nigh unto Thee.

But Thou seest, O Searcher of hearts, all my maladies; Thou knowest the wounds of my soul. O dispel my darkness by Thy Celestial Light, drive away my spiritual foes by Thy mighty power, strengthen my weakness, subdue my evil passions and besetting sins, abide with me in all my trials and temptations, that I may nevermore be overcome, whom Thou hast deigned to unite to Thee in this Mystery of Divine Love.

Grant, O blessed LORD, that the hands which have received Thee may never be instruments of sin, that the lips which Thou hast sanctified may never utter aught displeasing to Thee, that the heart wherein Thou hast entered may ever abide in Thy love. O Crucified SAVIOUR! mortify all carnal desires and hurtful emotions, that I may die to sin for the love of Thee, who hast died on the Cross for me.

Graciously hear these my prayers, O LORD JESUS; hide me in Thy dear Heart, which was pierced for me; protect me from my foes, that nothing may ever separate me from Thee; call me to Thee at the hour of my death that I may praise Thee for evermore. And now I lay me down in peace and take my rest, for it is Thou, LORD, only Who makest me dwell in safety. O preserve me and abide with me, that, when life's eventide is past, I may rest in Thee, and that this frail body, which Thou hast sanctified by Thine own most precious Body, purified from its earthly stains in the grave, may be raised in incorruption, and when I wake up after Thy likeness I shall be satisfied with it. Amen.

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During the remainder of the week, add one or more of the following Collects to your daily prayers morning and evening (unless you communicate weekly).

I.

O GOD, Who unto us in this Blessed Sacrament hast left a memorial of Thy Passion, grant that we may so venerate the sacred Mysteries of Thy Body and Blood here upon earth, that we may evermore perceive in ourselves the fruit of Thy redemption, who livest and reignest with the FATHER and the HOLY GHOST, GOD, world without end. Amen.

II.

O ALMIGHTY GOD, Who in the midst of Thine earthly Paradise didst set the tree of life, and Who in Thy Church hast provided that the Living Bread, the Bread of Life, should be broken in plenty; grant that this heavenly nourishment which I, a miserable sinner, have received, may not be unto me for judgment and condemnation, but for the preservation of my body and soul unto everlasting life, through JESUS CHRIST our LORD. Amen.

III.

O ALMIGHTY GOD, Who didst cause the destroying angel to spare Thy people whose door-posts were sprinkled with the blood of the Paschal Lamb, grant, of Thy mercy, that the doors of my lips, which have received the Sacrament of the Body and Blood of Thy dear SON, may be kept by Thy mighty power, that so all my words may be directed to Thy glory, through the same JESUS CHRIST our LORD. Amen.

IV.

O GOD, Who feedest us Thy children with the true Manna, the Living Bread from Heaven, grant, I beseech Thee, that this precious Food, which I have

received, may be unto me a protection against my spiritual enemies, may give me strength and support in all my trials, and victory over my besetting sins, that so I may reach that land where is neither hunger nor thirst, through JESUS CHRIST our LORD. Amen.

V.

O GOD, Who, through the ministry of Thy holy angels, didst so marvellously refresh Elijah in the desert, that he went in the strength of that meat unto Horeb, the mount of GOD, grant unto me, whom Thou hast marvellously refreshed with the Body and Blood of Thy dear SON, that I may pass safely through the temptations and trials of this desert, the world, until I come to Thy holy hill and to Thy dwelling, through JESUS CHRIST our LORD. Amen.

VI.

I BESEECH Thee, O LORD JESUS CHRIST, that this Holy Communion may be to me a guide and provision for my way unto the haven of everlasting salvation. May it be to me a comfort when I am sad at heart, patience in trouble and anguish, and medicine in sickness. And by these Holy Mysteries which I have received grant me right faith, firm hope, and perfect charity, fervent love of Thee, and devout remembrance of Thy Passion, together with grace to show forth Thy praise by giving up my life to Thy service. And grant me, in my last hour, so to receive these Holy Mysteries that I may have Thee for my Guide in the valley of the shadow of death, and may live with Thee for evermore. Amen.

VII.

I YIELD Thee thanks, O LORD, Holy FATHER, Almighty Everlasting GOD, Who hast refreshed me with the most holy Body and Blood of Thy SON our

LORD JESUS CHRIST. And I pray that this Sacrament of our Salvation, which I, an unworthy sinner, have received, may not come into judgment or condemnation against me according to my deserts, but may be for the advancement of mv soul and body to eternal life. Amen.

COLLOQUY BETWEEN THE DIVINE MASTER AND THE CHILD (WHILE OTHERS COMMUNICATE).

The Child.

O DEAR LORD and Master, Thou art here present, and I see Thee not with my bodily eyes, yet my faith perceives Thee veiled in these Holy Mysteries.

O that, like S. John, I might recline upon Thy bosom, that I might feel Thine Heart beating with love, that I might ask of Thee grace to be Thine for ever.

The Master. Blessed, My child, are they who have not seen, and who yet believe; many saw Me in the days of My earthly pilgrimage who will never see Me in heaven, who but saw Me to reject Me; but they who see Me by faith, they shall be Mine for ever.

Thou askest for grace; seek and thou shalt find, ask and it shall be given.

The Child. O my LORD GOD, I seek humility, that I may root out pride and confidence in self.

The Master. Behold, for Thee I lay an Infant in the manger; learn humility from Bethlehem.

The Child. O my LORD GOD, I seek grace to submit my will to those whom Thou hast set over me.

The Master. Behold, for thee I was subject to My earthly parents; learn obedience from Nazareth.

The Child. O my LORD and GOD, my thoughts wander in prayer; I cannot meditate on Thee.

The Master. Behold, for thee I passed long nights of prayer on the mountains. Lift up thine eyes to the hills from whence cometh thy help.

The Child. O my LORD and my GOD, the flesh weigheth down my spirit: teach me how to subdue it.

The Master. Behold, for thee I fasted forty days and forty nights. I suffered hunger, thirst, and pain; learn self-denial from the wilderness.

The Child. O my LORD and GOD, I seek submission to Thy heavenly will.

The Master. Behold, for thee I was in agony, and My sweat, like drops of blood, poured to the ground. Learn from Gethsemane to say, Not my will, but Thine be done.

The Child. O LORD, I seek for peace, for rest in Thee; hide me in Thy wounded Side.

The Master. Behold, My child, it is I, be not afraid; in Me there is peace,—a peace the world gave not and cannot take away,—let thy faith pierce the clouds which in these Holy Mysteries veil Me from thy sight. Dost thou behold these Hands?—see, I have graven thee upon them. Dost thou behold these pierced Feet?—they walked this weary earth, wearied with seeking thee,—thee, the wandering child of My love. Dost thou behold this spear-pierced Side?—thence flowed out the water of Baptism to redeem thee, the Blood which in this Sacrament of My Love cleanseth thee. Look upon this Brow: it was wreathed with a crown of thorns for thee, that thou mightest receive a crown of everlasting glory, and mightest gain that peace, that rest, where no foe can come,—the Heart of thy SAVIOUR,—speak, My child, is it peace?

The Child. It is peace, O LORD, peace,—peace in Thee.

Special Devotions for the Seasons of the Church.

(*See also the Meditations for the Seasons, p.* 168 *to p.* 175.)

Litany of Repentance.

(*Suitable for use in Advent and Lent, etc.*)

Lord, have mercy upon me.
Christ, have mercy upon me.
Lord, have mercy upon me.

O God the Father, of heaven, Creator of the World,
O God the Son, Redeemer of mankind,
O God the Holy Ghost, Sanctifier of the elect,
O Holy Trinity, one God.
Have mercy upon me.

Jesus, receive my prayers.
Jesus, grant my petitions.

Thou, Who willest not the death of a sinner,
Thou, Who didst say unto Magdalene, "Thy sins be forgiven thee,"
Thou, Who sparedst Peter, though he denied Thee,
Thou, Who didst come to seek and save the lost,
Thou, Who didst pardon the penitent thief upon the Cross,
Thou, Who knowest our infirmities,
Thou, Who knowest our temptations,
Thou, Who sittest at God's right hand.
Good Lord, deliver me.

By Thy Holy Incarnation,
By Thy painful life upon earth,
By Thine agony and bloody sweat,
By Thy thorn-crowned brow,
By Thy stripes and anguish,
By Thy unknown sufferings,
By Thy pain upon the Cross,
By Thy bitter death,
By Thy burial,

From all the vanity of the world,
From all the lusts of the flesh,
From all the powers of the devil,

Have mercy upon me.

I (a most grievous sinner) pray Thee that I may yield my body a willing sacrifice unto Thee;
That I may crucify the flesh with its affections and lusts;
That I may trample under foot every evil passion;
That I may abstain from all evil words;
That I may be delivered from all evil thoughts;
That I may be preserved from all evil deeds;
That I may fight manfully against the world, the flesh, and the devil;
That I may continue Thy soldier and servant until my life's end;
That Thou wilt tread down Satan under my feet;

I beseech Thee, hear me.

O Lamb of God, which takest away the sins of the world,
Have mercy upon me.
O Lamb of God, which takest away the sins of the world,
Grant me Thy peace.

OUR FATHER, &c.

V. Create in me a clean heart, O God.
R. And renew a right spirit within me.

You may use the Collect for Advent Sunday or Ash Wednesday, according to the season.

O GOD, Who rejectest not the greatest sinner, but acceptest the broken and contrite heart, look down in compassion upon me, Thine unworthy child; receive me returning to Thee, my most loving FATHER, embrace me once more in the arms of Thy mercy, and wash away my sins in the blood of Thy dear SON.

V. Lord, hear my prayer.
R. And let my cry come unto Thee.

O SAVIOUR of the world, Who by Thy Cross and precious Blood hast redeemed me, save me and help me, I humbly beseech Thee, O LORD. Amen.

CHRISTMAS-TIDE AND EPIPHANY.

Litany of the Incarnation.

GOD the FATHER, Creator of the world,
I give Thee thanks and praise.
O GOD the SON, Redeemer of mankind,
I give Thee thanks and praise.
O GOD the HOLY GHOST, Sanctifier of the elect,
I give Thee thanks and praise.
O Holy Trinity, three Persons and one GOD,
I give Thee thanks and praise.
O Thou Who, being GOD, didst humble Thyself to become man, and wast conceived by the HOLY GHOST of the Virgin Mary,
I give Thee thanks and praise.
O Thou Who, being the Brightness of the FATHER'S glory and the express Image of His Person, didst not abhor the Virgin's womb,
I give Thee thanks and praise.
O Thou Who art GOD and Man in one Person, GOD of the substance of Thy FATHER, begotten before the world, Man of the substance of Thy Mother, born in the world,
I give Thee thanks and praise.

O Thou Who didst take the manhood into GOD, that we, through Thy life-giving Sacraments, might become partakers of the Divine Nature,

I give Thee thanks and praise.

O Thou Who art *Man*, to be touched with the feeling of our infirmities, and *God*, to succour and to save,

I give Thee thanks and praise.

By Thy tarrying in the womb of Thy blessed Mother, let my life be hid with Thee in GOD.

By Thy humility, when Thou didst vouchsafe to lie between the ox and the ass, let this mind be in me which was also in Thee.

By Thy silence in the manger, help me to take heed to my ways, that I offend not in my tongue.

By Thy patient endurance of cold and discomfort, grant that I may cheerfully endure hardness as Thy true servant.

By the song of the Angels at midnight, bring me to join the everlasting song.

I, Thy servant, beseech Thee, hear me.

That I may learn humility and lowliness of heart from Thy manger cradle,

I beseech Thee, hear me.

That I may learn temperance, soberness, and chastity from Thy spotless boyhood,

I beseech Thee, hear me.

That I may learn obedience from Thy subjection to Joseph and Mary,

I beseech Thee, hear me.

O Lamb of GOD, That takest away the sins of the world,

Have mercy upon me.

O Lamb of GOD, That takest away the sins of the world,

Have mercy upon me.

O Lamb of GOD, that takest away the sins of the world,

Grant me Thy peace.

OUR FATHER, etc.

The Word was made flesh. Alleluia.
And dwelt among us. Alleluia.

The collect for Christmas Day or Epiphany, or instead the following:

O GOD, Who makest us glad with the yearly remembrance of the birth of Thy SON our SAVIOUR JESUS CHRIST, grant as we joyfully receive Him as our Redeemer, so we may with sure confidence behold Him when He shall come to be our Judge, Who liveth and reigneth with Thee and the HOLY GHOST: one GOD, world without end. Amen.

LITANY OF THE PASSION, FOR USE ON FRIDAYS, OR IN PASSION-TIDE.

Be sure you do not allow yourself to say this solemn litany carelessly, it would but harden your heart; but strive to grieve over the sufferings your Lord endured for your sake, and pray Him, as you enumerate those sufferings, to pardon the sins which caused them.

O GOD the FATHER of Heaven, have mercy upon me a miserable sinner.

O GOD the SON, Redeemer of the world, have mercy upon me a miserable sinner.

O GOD the HOLY GHOST, proceeding from the FATHER and the SON, have mercy upon me a miserable sinner.

O Holy, Blessed, and Glorious Trinity, three Persons and one GOD, have mercy upon me a miserable sinner.

O BLESSED JESU, delivered to the will of Thine enemies, despised and rejected of men, a man of sorrows, and acquainted with grief,

Have mercy upon me.

O Blessed JESU, Who hast borne our griefs and carried our sorrows, wounded for our transgressions, bruised for our iniquities,

Have mercy upon me.

O Blessed JESU, laden with our iniquity, oppressed and afflicted, led as a lamb to the slaughter, dumb as a sheep before her shearers,

Have mercy upon me.

O Blessed JESU, cut off from the land of the living, made an offering for sin, pouring forth Thy soul unto death.

Have mercy upon me.

O Blessed JESU, numbered with the transgressors, making intercession for Thy murderers, loving us and washing us from our sins in Thy blood,

Have mercy upon me.

By Thine agony and bloody sweat, by Thy Cross and Passion, by Thy precious Death and Burial,

Good JESU, deliver me.

From all the deceits of the world,
From all the lusts of the flesh,
From all the power of the devil

In all time of our tribulation,
In all time of our wealth,
In the hour of death,
In the day of judgment,

Lord Jesu, deliver me.

I beseech Thee to hear me:

That I may crucify the flesh, with its affections and lusts,
That I may take up my cross daily, and follow Thee,
That I may ever have this Thy blessed Passion in my remembrance,
That I may daily increase in love towards Thee, my crucified LORD,
That, living or dying, I may be Thine,

I beseech Thee, hear me.

Lamb of GOD, that takest away the sins of the world,

Have mercy upon me.

Lamb of GOD, that takest away the sins of the world,
Have mercy upon me.
Lamb of GOD, that takest away the sins of the world,
Grant me Thy peace.

OUR FATHER, etc.

V. I adore Thee, O CHRIST, and bless Thee,
R. Because by Thy Cross Thou hast redeemed the world.

The Collect for Good Friday, Palm Sunday, according to the day, or the following.

O JESU CHRIST, SAVIOUR of the world, I cast all my sins into Thy most sorrowful wounds. Whatsoever is wanting in me of contrition and penitence, do Thou vouchsafe mercifully to supply, out of the riches of Thy merits, of all Thy griefs, pains, and labours, which Thou tookest upon Thee to bear for me, even to the most bitter death. According to Thy mercy, vouchsafe to me pardon and forgiveness here, and the bliss of Thy presence hereafter. Amen.

Lord, hear my prayer,
And let my cry come unto Thee.

O SAVIOUR of the world, who by Thy Cross and precious Blood hast redeemed me, save me and help me, I humbly beseech Thee, O LORD. Amen.

Holy Week.

Palm Sunday.

O LORD Jesus Christ, Who didst receive the worship of the children of the Hebrews, as they cast their palms before Thee, and sang Hosannah in the highest, accept our prayers and praises, and grant that we, who glorify Thee with our lips, may never crucify Thee by our sins, Who livest and reignest, with the Father and the Holy Ghost, God world without end. Amen.

Monday in Holy Week.

O BLESSED Jesus, Who on this day didst curse the fig-tree bearing leaves and no fruit, grant unto us, who have solemnly professed Thee in holy Baptism, so plentifully to bring forth the fruit of good works, that we may not be condemned on the day of Thy wrath, but may be set at Thy right Hand, Who livest and reignest with the Father and the Holy Ghost, ever one God, world without end. Amen.

Tuesday in Holy Week.

O BLESSED Lord, Who on this day didst endure such contradictions of sinners against Thyself, grant that we, who bear Thy Name, may learn of Thee to be meek and lowly of heart, that so we may find rest to our souls; through Thy merits Who livest and reignest with the Father and the Holy Ghost, ever one God, world without end. Amen.

Wednesday in Holy Week.

O BLESSED Jesus, Who on this day wast content to be sold to Thine enemies, that Thou mightest buy us back, grant that we, being redeemed by Thy precious Blood, may never betray Thee by our sins, Who livest and reignest with the Father and the Holy Ghost, ever one God, world without end. Amen.

Maundy Thursday.

O GOD, Who unto us, in the blessed Sacrament, hast left a memorial of Thy Passion, grant that we may so venerate the sacred Mysteries of Thy Body and Blood here on earth, that we may evermore perceive in ourselves the fruit of Thy redemption, Who livest and reignest with the Father and the Holy Ghost, one God, world without end. Amen.

Maundy Thursday (*continued*).

II.

O LORD Jesus Christ, Who for our sakes didst bear the Agony and Bloody Sweat; grant that we may ever bewail the sins which were the cause of Thy cruel anguish; and enable us to show forth our love for Thee, Who hast borne so much for us, by giving up ourselves, body, soul, and spirit, unto Thy service. Grant us grace to crucify the flesh with its affections and lusts, and to continue Thy faithful servants, O Crucified Lord, unto our life's end. Amen.

Good Friday.

At the First Hour, 7 *a.m.*

O LORD Jesus Christ, Son of the living God, Who in the first hour of the day wast brought before Pilate, and being the Judge of all men, didst yet endure the severest doom, we beseech Thee, by that judgment, to be merciful to us miserable sinners, when at the last dreadful day we stand before Thee. Amen.

At the Third Hour, 9 *a.m.*

O LORD JESUS CHRIST, SON of the living GOD, Who at this hour wast led forth to the suffering of the Cross for the salvation of the world, we humbly beseech Thee, through the virtue of Thy most sacred Passion, to lead us through the trials of this life, to the eternal rest of heaven. Amen.

At the Sixth Hour, 12 *noon.*

O LORD JESUS CHRIST, SON of the living GOD, Who at the sixth hour didst nail the sins of the world to the same Cross with Thyself, that the handwriting of our offences that is against us might be blotted out, grant unto us Thy suppliants, that with tears of contrition we may bewail those sins, the cause of Thy cruel sufferings. Amen.

At the Ninth Hour, 3 *p.m.*

O LORD JESUS CHRIST, SON of the living GOD, Who at the ninth hour, for us sinners and for our sins, didst taste death, hear us, O Thou Brightness and Image of GOD, and remember now the hour when with a torn Body and broken Heart Thou didst yield Thy spirit into the hands of Thy heavenly FATHER; and grant that, dying unto sin, we may live unto Thee. Amen.

At Evensong, 6 *p.m.*

O LORD JESUS CHRIST, SON of the living GOD, Who at this hour, having been made obedient even unto death, didst will to be taken down from the Cross, mercifully grant that we, when life's eventide is over, may be received into Thy merciful Arms, and rest with Thee for evermore. Amen.

At Compline, 9 p.m.

O LORD JESUS CHRIST, SON of the living GOD, Who at the sad hour of Compline didst rest in the Sepulchre, and wast bewailed and lamented by Thy most gentle mother and the other women, make us so to abound in sorrow for our sins, the cause of Thy Passion, that when we lie in the grave our souls may live with Thee. Amen.

EASTER EVE.

O LORD JESUS CHRIST, Who didst as on this day lie in the grave, Thy labour of love on earth completed, grant that we who are baptized in Thy name may die unto sin, and live unto Thee, that so through the grave and gate of death we may attain to the glory of the Resurrection to Life immortal, where Thou livest and reignest with the FATHER and the HOLY GHOST: GOD, world without end. Amen.

LITANY FOR EASTER-TIDE.

O GOD the FATHER, Creator of the world,
Glory be to Thee.
O GOD the SON, Redeemer of mankind,
Glory be to Thee.
O GOD the HOLY GHOST, Sanctifier of the elect,
Glory be to Thee.
O Holy Trinity, three Persons and one GOD,
Glory be to Thee.
O Thou Who didst die for our sins, and rise again for our justification,
I give Thee thanks and praise.
O Thou Who art the second Adam, in Whom Thy faithful people shall all be made alive,
I give Thee thanks and praise.
O Thou the First-begotten from the dead, Who by death hast destroyed death,
I give Thee thanks and praise.

O Thou unto Whose Death we are baptized, in Whom we are risen again,

I give Thee thanks and praise.

O Thou Who art the Resurrection and the Life, in Whom whosoever believeth shall never die,

I give Thee thanks and praise.

By Thy victory over death;

Grant that, dying unto sin, I may live *unto* Thee here, and *with* Thee hereafter. Amen.

By Thy rising again on the third day;

Grant that risen with Thee, I may seek the things which are above, where Thou sittest at the right Hand of GOD. Amen.

By Thy triumph over the grave;

Grant that through the grave and gate of death I may pass to my joyful resurrection. Amen.

JESUS, Who didst first appear to the happy penitent Magdalene;

Grant me here to weep with her, that I may be with Thee at the Eternal Easter.

JESUS, Who wast pleased to make Thyself known to the disciples at Emmaus, in the Breaking of Bread,

Grant me, through the same Blessed Sacrament of Thy Love, to know Thee as Thou art and to find in Thee the pledge of immortality.

JESUS, Who didst appear to Thy disciples and didst breathe on them the gift of the HOLY GHOST,

Grant me in the sacred ministry of Thy Church to know Thee, the Great High priest, and through Thine earthly gifts to reach the Heavenly Shore.

O Lamb of GOD, our true Passover, sacrificed for us,

Have mercy upon me.

O Lamb of GOD, slain for us that we may keep the Feast,

Have mercy upon me.

O Lamb of GOD, Who by Thy passion hast won the victory over death and sin,

Grant me Thy peace.

OUR FATHER, etc.

V. CHRIST is risen indeed. Alleluia.
R. Who died to save us from our sins. Alleluia.
V. This is the day which the LORD hath made. Alleluia.
R. We will rejoice and be glad in it. Alleluia.

Collect for Easter Day or one of the following:—

O GOD, Who gladdenest our hearts by the festival of the Resurrection of Thy dear SON our LORD mercifully grant that we, who now celebrate these joyous days on earth, may, by their aid, attain to the eternal Easter in heaven, through the same JESUS CHRIST our LORD. Amen.

O GOD, Who for our redemption didst give Thine only begotten SON to the death of the Cross, and by His glorious Resurrection hast delivered us from the power of the enemy, grant us so to die daily unto sin, that we may evermore live with Him in the joy of His Resurrection, through the same JESUS CHRIST our LORD. Amen.

LITANY OF THE ASCENSION.

O GOD the FATHER, Creator of the world,
Glory be to Thee.
O GOD the SON, Redeemer of mankind,
Glory be to Thee.
O GOD the HOLY GHOST, Sanctifier of the elect,
Glory be to Thee.
O Holy Trinity, three Persons and one GOD,
Glory be to Thee.

JESUS, King of Glory, Who didst ascend into heaven in the sight of Thine Apostles,
JESUS, Who didst ascend to Thy FATHER and our FATHER, Thy GOD and our GOD,
JESUS, Who leddest captivity captive,
JESUS, Who spoiledst principalities and powers,
JESUS, Who sittest at the right hand of GOD,
JESUS, Who art entered within the veil,
JESUS, Who ever livest to make intercession for us,
JESUS, Who hast the keys of hell and death,
JESUS, Who must reign till Thou hast put all enemies under Thy feet,
JESUS, Whose throne is for ever and ever,
JESUS, Who hast opened the kingdom of heaven to all believers,
JESUS, Who shalt come again in like manner as Thou hast ascended into heaven,

I yield Thee thanks and praise.

I beseech Thee to hear me :

That Thou wouldst grant me to seek the things that are above, where Thou sittest at the right hand of GOD,
That where my treasure is hidden with Thee, my heart may be also,
That the Comforter, Whom Thou didst send, may lead and guide me into all truth,
JESUS, Prophet, Priest, and King,

I beseech Thee, hear me.

O Lamb of GOD, That takest away the sins of the world,
Have mercy upon me.
O Lamb of GOD, That takest away the sins of the world,
Have mercy upon me.
O Lamb of GOD, That takest away the sins of the world,
Grant me Thy peace.

OUR FATHER, etc.

V. Thou hast led captivity captive.
R. And received gifts for men.

GRANT, we beseech Thee, Almighty GOD, that like as we do believe Thy only-begotten SON our LORD JESUS CHRIST to have ascended into the heavens, so we may also in heart and mind thither ascend, and with Him continually dwell, Who liveth and reigneth with Thee and the HOLY GHOST, one GOD, world without end. Amen.

LITANY OF THE HOLY GHOST.

This Litany is recommended for use while preparing for Confirmation; it may also be used by a class, changing the singular to the plural.

O GOD the FATHER, Creator of the world,
Have mercy upon me.
O GOD the SON, Redeemer of mankind,
Have mercy upon me.
O GOD the HOLY GHOST, Sanctifier of the elect,
Have mercy upon me
O Holy Trinity, three Persons and one GOD,
Have mercy upon me.

Spirit of Wisdom and Understanding, of Counsel and Ghostly strength, of Knowledge and True Godliness, and of the Holy Fear of the LORD,
Inspire the souls of Thy faithful people, and kindle in them the fire of Thy love.

O Thou Who art the Comforter, the Sanctifier of the elect, the Guest of the soul;
Inspire the souls of Thy faithful people, and kindle in them the fire of Thy love.

O Thou Who art the desire of the heart, the Father of the poor, the Giver of all good gifts;
Inspire the souls of Thy faithful people, and kindle in them the fire of Thy love.

O Thou Who art Rest in labour, Shelter from the noontide heat, Solace in weeping;

Inspire the souls of Thy faithful people, and kindle in them the fire of Thy love.

O Thou Who didst speak by the prophets, Who didst overshadow Mary, Who didst descend upon JESUS at His Baptism,

I give Thee thanks and praise.

O Thou Who didst descend in the form of fiery tongues, Who didst give the Apostles the gift of languages, and boldness with fervent zeal to preach the Gospel,

I give Thee thanks and praise.

O Thou Who didst regenerate me in Baptism, Who didst strengthen me in Confirmation, Who makest intercession for me,

I give Thee thanks and praise.

That Thou wouldst shed abroad Thy light in my heart, and guide me into all truth,

Holy Spirit, I beseech Thee, hear me

That Thou wouldst help me to pray, and Thyself make intercession for me,

Holy Spirit, I beseech Thee, hear me.

That Thou wouldst purify my heart and reins, that our LORD JESUS CHRIST when He cometh may find in me a tabernacle prepared for Himself,

Holy Spirit, I beseech Thee, hear me

LORD, have mercy.
CHRIST, have mercy.
LORD, have mercy.

OUR FATHER, etc.

V. Send forth Thy Spirit, and they shall be made;
R. And Thou shalt renew the face of the earth.

GOD, Who as at this time didst teach the hearts of Thy faithful people, by the sending to them the light of Thy Holy Spirit; grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in His holy comfort; through the merits of CHRIST JESUS our SAVIOUR, Who liveth and reigneth with Thee, in the unity of the same Spirit, one GOD, world without end. Amen.

ALMIGHTY GOD, unto Whom all hearts be open, all desires known, and from Whom no secrets are hid; cleanse the thoughts of our hearts by the inspiration of Thy Holy Spirit, that we may perfectly love Thee and worthily magnify Thy Holy Name; through CHRIST our LORD. Amen.

MAY the fire of the Holy Spirit, O LORD, cleanse our hearts and reins, that we may serve Thee with a chaste body and pure heart; through JESUS CHRIST our LORD. Amen.

LET the Comforter Which proceedeth from Thee, O LORD, enlighten our minds, we beseech Thee, and lead us, as Thy SON hath promised, into all truth; through the same Thy SON, JESUS CHRIST. Amen.

WE beseech Thee, O LORD, let the virtue of Thy Holy Spirit be present with us through Thy mercy, to cleanse our hearts, and protect us against all adversities; through JESUS CHRIST. Amen.

O LORD, we beseech Thee, visit and cleanse our consciences, that Thy SON, our LORD JESUS CHRIST, may, when He cometh, find in us a dwelling-place prepared for Him, Who liveth and reigneth with Thee in the Unity of the HOLY GHOST, ever one GOD, world without end. Amen.

LITANY FOR ALL SAINTS' DAY.

O GOD the FATHER, Creator of the world,
Have mercy upon me.
O GOD the SON, Redeemer of mankind,
Have mercy upon me.
O GOD the HOLY GHOST, Sanctifier of the elect,
Have mercy upon me.
O Holy Trinity, three Persons and one GOD,
Have mercy upon me.

For all the graces Thou hast made manifest in Thy Saints, who have pleased Thee from the beginning, and chiefly in the Blessed Virgin Mary, Mother of our LORD and GOD JESUS CHRIST,
I yield Thee thanks and praise.

For the holy lives and triumphant deaths of Thine Apostles, through whom the sound of the Gospel has gone forth unto all the world,
I yield Thee thanks and praise.

For those who have followed Thee through the Red Sea of blood, and of whom the world was not worthy,
I yield Thee thanks and praise.

For those who have been master builders in Zion, the Bishops and Doctors of Thy Church, for the purity of Virgins, the zeal of Thy Priests,
I yield Thee thanks and praise.

For all that great multitude which no man can number, of all nations and people and tongues, who have come out of great tribulation, and washed their robes, and made them white in the blood of the Lamb,
I yield Thee thanks and praise.

I beseech Thee, hear me:

That Thou wilt grant me grace to follow these Thy Blessed Saints in all virtuous and godly living, so that while I venerate their memory, I may imitate their example,
I beseech Thee, hear me.

That, seeing I am encompassed with so great a cloud of witnesses, I may lay aside every weight, and the sin that

doth so easily beset me, looking unto JESUS, the Author and Finisher of my faith,

I beseech Thee, hear me.

That so I may at last gain that eternal shore, where there are no tears, neither sorrow nor crying, where Thou dost wipe away all tears from the eyes of Thy people,

I beseech Thee, hear me.

O Lamb of GOD, That takest away the sins of the world,

Have mercy upon me.

O Lamb of GOD, That takest away the sins of the world,

Have mercy upon me.

O Lamb of GOD, That takest away the sins of the world,

Grant me Thy peace.

OUR FATHER, etc.

V. The path of the just is as the shining light.
R. Which shineth more and more unto the perfect day.

O ALMIGHTY GOD, Who hast knit together Thine elect in one communion and fellowship, in the mystical body of Thy SON CHRIST our LORD, grant us grace so to follow Thy blessed saints in all virtuous and godly living, that we may come to those unspeakable joys which Thou hast prepared for them that unfeignedly love Thee; through JESUS CHRIST our LORD. Amen.

✠

Commemorations

Of the Blessed Virgin Mary.

February 2, March 25, July 2, December 8.

HAIL, thou that art highly favoured; the LORD is with thee; blessed art thou amongst women, and blessed is the fruit of thy womb.

V. The Word was made Flesh,
R. And dwelt amongst us.

O BLESSED LORD JESUS CHRIST, Who in taking upon Thee our flesh wast pleased to be conceived of a pure and holy Virgin, grant that, venerating her memory, we may imitate her purity, and may with her enjoy that everlasting blessing which Thou hast pronounced upon the pure in heart, Who livest and reignest with the Father, and the Holy Ghost, ever One God, world without end. Amen.

Of an Apostle.

BUILT upon the foundation of the Apostles and Prophets, JESUS CHRIST Himself being the head Corner-stone.

V. Their sound is gone forth into all lands;
R. And their words unto the end of the world.

O ALMIGHTY GOD, Who hast built Thy Church upon the foundation of the Apostles and Prophets, JESUS CHRIST Himself being the head Corner-stone,

grant us so to be joined together in unity of spirit by their doctrine, that we may be made an holy temple acceptable unto Thee: through the same JESUS CHRIST our LORD. Amen.

OF A MARTYR.

THESE are they who came out of great tribulation, and have washed their robes and made them white in the Blood of the Lamb.

V. Be thou faithful unto death,
R. And I will give thee a crown of life.

O ALMIGHTY GOD, Who hast ordained earthly suffering as the path to eternal glory, grant that, following in the steps of Thy blessed Martyr S.—, we may bear patiently whatsoever trials Thou art pleased to send us here, and may with him enjoy that eternal rest which remaineth to the people of GOD: through JESUS CHRIST our LORD. Amen.

OF ANY SAINT.

Antiphon.

O HOW glorious is the kingdom where all the saints rejoice with CHRIST; they are arrayed in white robes, and follow the Lamb whithersoever He goeth.

V. The voice of joy and health
R. Is in the dwellings of the righteous.

O ALMIGHTY GOD, Who hast knit together Thine elect in one communion and fellowship, in the mystical body of Thy SON CHRIST our LORD; Grant us

grace so to follow Thy blessed Saints in all virtuous and godly living, that we may come to those unspeakable joys which Thou hast prepared for them that unfeignedly love Thee; through JESUS CHRIST our LORD. Amen.

ON THURSDAY, OF THE BLESSED SACRAMENT.

Antiphon.

O SACRED Feast, wherein CHRIST is received; the memory of His Passion is renewed; our souls are fulfilled with grace; and the pledge of eternal glory is given unto us. Alleluia.

V. Thou feddest Thine own people with angels' food
R. And didst give them Bread from heaven.

O GOD, Who unto us, in the Blessed Sacrament, hast left a memorial of Thy Passion, grant that we may so venerate the sacred Mysteries of Thy Body and Blood here on earth, that we may evermore perceive in ourselves the fruit of Thy Redemption, Who livest and reignest with the FATHER and the HOLY GHOST, One GOD, world without end. Amen.

ON FRIDAY OF THE HOLY CROSS,

And on May 3 and September 14.

Antiphon.

GOD forbid that I should glory, save in the Cross of our LORD JESUS CHRIST, by Whom the world is crucified unto me and I unto the world.

V. CHRIST was made obedient unto death,
R. Even the death of the Cross.

O LORD JESUS CHRIST, SON of the Living GOD, Who didst descend from the bosom of the FATHER to this sinful earth, and on the Tree of the Cross didst endure Five Wounds, and shed forth Thy precious Blood in atonement for our sins, we humbly beseech Thee that at the Day of Judgment we may be placed at Thy Right Hand, and be found worthy to hear those most sweet words, "Come, ye blessed of my FATHER, receive the kingdom prepared for you," Who livest and reignest GOD, world without end. Amen.

OF THE FAITHFUL DEPARTED

Antiphon.

I HEARD a voice from Heaven, saying unto me: Blessed are the dead which die in the LORD; yea, saith the Spirit, for they rest from their labours.

V. Eternal rest give unto them, O LORD.
R. And let perpetual light shine upon them.

O ALMIGHTY GOD, unto Whom all live, we beseech Thee to remember the spirits of all flesh who have departed this life in the hope of Thy appearing, especially our parents, friends, kinsfolk, and benefactors. Grant them, O LORD, we beseech Thee, a place of refreshment, light, and peace, in the bosom of Abraham, Isaac, and Jacob, where all sighing and sadness are banished away, and the light of Thy countenance shineth for ever. Amen.

Instructions on Meditation.

When we pray, we speak to God. When we read His Word, He speaks to us. Meditation combines these things: it is a colloquy between the soul and its God.

Without meditation, it is impossible to aavance in the Spiritual Life; while, on the other hand, those who habitually live in its exercise can hardly remain in wilful sin.

There are various kinds and degrees of meditation:— (1.) *Every time some religious thought strikes the heart, and brings forth the fruit of prayer, we may be said to meditate.* (2.) *Whensoever we read God's Word, not as in a lesson, but prayerfully, striving to apply its maxims to ourselves, and making such acts of Faith, Hope, Love, and Contrition, as the subject suggests, we do most effectually meditate.* (3.) *When we take some distinct subject for meditation, such as Death or Judgment, Time and Eternity, the Incarnation, the Atonement, the relations between the soul and its Maker, and consider them in all their bearings, so far as we are able, we are practising the divine art of meditation.*

Meditation is often the best kind of prayer, and is especially recommended to those who wish to overcome temptations, or wandering thoughts, such as often beset us in more formal prayer.

The first kind of meditation mentioned above. is almost involuntary, and, while it is of instant occurrence in the case of those who have made any progress in the "things of God," cannot be acquired through any formal instruction; it is the natural result of habitual reliance on God, and fervent love towards Him. "Where the treasure is, there will the heart be also."

The following directions may assist you in acquiring the habit of meditation of the second kind mentioned, which is perhaps the most easy :—

1. First choose your subject.
2. Kneel down in some quiet place, in chapel if possible, or where you generally say your prayers. Compose your thoughts.
3. Make an act of faith in the presence of GOD, and invoke the aid of the Holy Spirit, *after this sort :—*

O MY GOD, I firmly believe that Thou art here present, that Thou knowest the most secret thoughts of my heart, and the inmost desires of my soul. I confess that I am unworthy to raise my eyes to Thee, yet I beseech Thee, for the sake of Thy dear SON, to grant me the aid of Thine Holy Spirit, that the words of my mouth, and the meditations of my heart, may ever be acceptable in Thy sight, O LORD, my Strength and my Redeemer.

You may also add the "Veni Creator" (page 61).

4. Now read the passage of Scripture you have chosen; let it be short, and complete in itself, such as one of the Parables, or one of the Epistles or Gospels, for Sundays and Holy-days.
5. Pause after each sentence, and raise your heart to GOD. Make acts of contrition, faith, love, hope, adoration, or thanksgiving, as suggested by the subject of your meditation.
6. When you have concluded, gather up the principal ideas, and make some one resolution, to conquer some sin or acquire some grace, suggested by the subject.
7. Then you may say the Anima Christi, and the LORD'S Prayer, as follows :—

Anima Christi.

Soul of Christ, sanctify me,
Blood of Christ, save me,
Blood of Christ, refresh me,
Water from the Side of Christ, wash me,
Passion of Christ, strengthen me,
O Good Jesus, hear me.
Within Thy wounds hide me,
Suffer me not to be separated from Thee.
From the malicious enemy defend me,
In the hour of my death call me,
And bid me come unto Thee,
That with Thy saints I may praise Thee
To all eternity. Amen.

OUR Father, etc.

GRANT, O Lord, that these truths upon which I have now meditated may be received in my heart and shown forth in my life, through Jesus Christ our Lord. Amen.

O SAVIOUR of the world, Who, by Thy cross and precious blood hast redeemed me, save me and help me, I humbly beseech Thee, O Lord. Amen.

An Act of Faith.

O ETERNAL God, Who hast revealed Thyself to mankind as three Persons, yet one God, I believe in all the truths that Thou hast revealed in Thy Word and by Thy Church, which is the pillar and ground of the truth, because Thou hast taught them, Who art the truth itself. In this faith I would live; in this faith I would die. Lord, I believe; help Thou mine unbelief. Amen.

An Act of Hope.

O MOST merciful God, Who hast given unto me the hope of eternal lifet hrough Thy dear Son Jesus Christ, I hope, through His merits, to serve Thee faithfully here, and to dwell with Thee in Heaven hereafter. O Lord, in Thee have I trusted; let me never be confounded. Amen.

An Act of Charity (or Love).

O THOU Who art love itself, Who didst form me in love, and in love redeem me; Who madest me that I might wear Thine image here, and attain Thy glory hereafter; Who hast led, and wilt lead me in all my life; I love Thee with my whole heart, and desire, for Thy sake, to love my neighbour as myself: like as the hart desireth the water brooks, so longeth my soul after Thee, O God. Amen.

You will also find written meditations, such as those in the "Bread of Life," which should be treated in a similar manner, although, being written for that purpose, they require less intellectual effort on your part.

Examples will be given of the mode of meditating on passages of Scripture; only remember that the written words are not necessarily the expressions of your own heart: hence it will be far better for you to acquire the art of meditation without any such aids. These will but serve as examples for your own imitation,—in your own words,—and with your own thoughts, wishes, prayers and resolutions.

I. The Last Judgment. [For Advent.]

"*When the Son of man shall come in His glory, and all the Holy Angels with Him, then shall He sit upon the throne of His glory.*"—St. Matt. xxv.

1. BEHOLD Him as thy Judge, my soul, Who has been thy Advocate with the Father, Him Whom they pierced on the Cross, Him Whom thou hast pierced by thy sins. All nations are gathered before Him, the righteous as sheep on the right hand, the sin-

ners as goats on the left. In those what joy is diffused; among these what terror! Who are the former? They who, like sheep, amidst great tribulation, have followed the voice of their Shepherd. Who are the latter? They who, like goats, have followed their own hearts' lusts. O, my GOD, crucify in me the flesh here, that I may be found then at Thy right hand.

2. "*Then shall the King say unto them on His Right Hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world.*" Firstly, He calls the Good to their eternal reward, before He condemns the wicked, for He is ever more ready to spare than to punish. Of His Own free Will He spares, according to His mercy, but the death of the wicked is of themselves; for He hath said, "As I live, I desire not the death of the wicked." Of what ineffable love is His mercy to His sheep! Wouldst thou hear that most sweet invitation? Thou must live in His fear now, and bring forth worthy fruits of His grace. Hear His words: "*I was an hungred, and ye gave Me meat; I was thirsty, and ye gave Me drink; I was a stranger, and ye took Me in; naked, and ye clothed Me; I was sick, and ye visited Me; I was in prison, and ye came unto Me.*" Whatsoever thou shalt do, my soul, for love of Him, to the least of His brethren, He counteth it done unto Him. Love is the fulfilment of the law. Know that thou hast passed from death unto life if thou lovest the brethren.

3. "*Then shall He say also to them on the left hand, Depart from Me, ye cursed, into everlasting fire, prepared for the Devil and his angels.*" What words of Divine wrath to the sinner, 'Depart from Me!' To want GOD for ever; to thirst for Him with the knowledge, now revealed, of His beauty; yet ever to thirst in vain! In eternal fire, which shall never be quenched, prepared by GOD indeed for the devils, but by the wicked for themselves! And wherefore? Because they neither loved GOD nor their neighbour; gave neither food to the hungry, nor drink to the thirsty, but lived for themselves, even as Dives in the Parable.

O my GOD, here purify me with the fire of Thy love; here chasten me as a son; but in the long hereafter spare Thy servant who putteth his trust in Thee. Amen.

II. CHRISTMAS.

"*Let us now go even unto Bethlehem.*"

1. CONSIDER, my soul, the stable at Bethlehem on the first Christmas night. It is just after midnight; there is dread silence around; the whole earth seems hushed; the ox and the ass stand motionless; Joseph and Mary, with clasped hands, gaze upon that manger. Gaze with them.

2. It is a little infant, and that Infant is Almighty GOD; those little lips, scarcely able to raise the feeble cry, will speak the doom of mankind. This is the Eternal SON—One with the FATHER and the HOLY GHOST. This is He by Whom the inhospitable world, which now sustains Him, was framed. In that Infant hand sleeps the strength which upholds the planets in their swift courses.

3. Consider Him as revealed to the angels, as it is written, "*Let all the angels of God worship Him.*" They, the first-born of GOD, stand in speechless wonder as they behold His poverty, His patient endurance of earthly ill. Yet not for them, but for thee does CHRIST endure the narrow and hard manger; born without the gate, He shall die without it, bearing reproach. O my soul, learn humility from Bethlehem.

4. Consider Him as revealed to the shepherds, simple men and humble, guarding their flocks, and ready to receive the Divine message, even as thou, guarding the gifts and graces, entrusted to thee by GOD, from the roaring lion, even Satan, mayest learn the meaning of those words, "Blessed is that servant whom his LORD, when He cometh, shall find so doing."

Conclusion. Let us now go even unto Bethlehem, and gaze with the shepherds.

See how the Godhead is hidden in the Manhood; so pray that thy life may be hid with Him in GOD.

See how He lies in the narrow and hard manger; so pray that thou mayest run in the narrow and strait path of His commandments.

See how He is rejected of men in His birth; so be thou content to bear shame for His dear Name.

O JESU, Babe of Bethlehem, I adore Thee.

III. EPIPHANY.

"*And when they had opened their treasures, they presented unto Him gifts, gold, frankincense, and myrrh.*"

ONCE more, my soul, consider Bethlehem, and those who approach it,—the three wise men.

1. The star which should come out of Jacob has shone upon them, and GOD has given them the gift of love, which can brook no delay. They leave their home, their country, to seek the new-born King. Wouldst thou leave all to seek Him? Not in Herod's palace, not receiving a people's homage, but in a stable, and attended but by poor and lowly parents, they find Him, and they adore.

O my soul, pray for such living faith.

2. They present unto Him gold, for He is a King; so learn to honour Him with thy worldly substance, to know that He is thy King, and that all thou hast is His.

3. They present unto Him frankincense, for He is GOD, and incense befits the worship of GOD. See that thou renderest Him the sweet incense of prayer and adoration. "Let my prayer, O GOD, ascend before Thee as the incense," and let my evening sacrifice be the oblation of soul and body to Thy service.

4. They present unto Him myrrh, for He is Man, and must die. Thank Him, O my soul, for His sufferings for thee. Consider that thy sufferings may be hal-

lowed by union with His most precious woes, and pray for grace to bear all for Him. So shall thy light affliction, which is but for a moment, work for thee a far more exceeding and eternal weight of glory.

IV. Lent.

"*And when He had fasted forty days and forty nights, He was afterwards an hungred.*"

1. CONSIDER, my soul, thy LORD in the wilderness. Around Him stretches one unbroken waste of sand; there is no shade to hide the rays of the sun by day, or the chilling moonbeams by night; there is no earthly aid near; the prowling beasts of the desert are His only companions. For forty days He has endured the mortification of the flesh through His Divine power, and now He hungers. The apostate angel is near, Lucifer, son of the morning. He speaks:

2. "*Command that these stones be made bread.*" Could there be harm in thus using His power? My soul, He never used His miraculous power for Himself, only for thee; and now He would teach thee, in all thy necessities, to depend simply upon thine Heavenly FATHER. So He would teach thee to deny the cravings of the flesh, to mortify thy desires, while thou dependest upon the aid of GOD. Hear His reply: "*Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*" O GOD, grant me entire dependence upon Thee. Thou hast provided, and Thou wilt provide. Teach me, O LORD, to mortify all the desires of my flesh, which lusteth against the spirit.

3. "*If Thou be the Son of God, cast Thyself down.*" The fallen angel places Him on a pinnacle of the Temple; the multitude of worshippers throng the courts; surely if He now descends unharmed amongst them, they will own Him the Messiah. Again He conquers, for the temptation was to yield to pride and impatience,—to presume upon a promise which only

assures us of protection in the ways wherein we should walk. Learn, my soul, to await GOD'S time, not to tempt Him by presumption; to be content to be lowly here, that He may exalt thee in due time. Pray for humility.

4. "*All these things will I give Thee if Thou wilt fall down and worship me.*" Again the scene changes, and the devil places Him on a high mountain, that He may see all the glory of this world, and promises to give it to Him if He will but worship him, as if the kingdoms of this world could thus become "the kingdoms of the LORD and of His CHRIST." Once more the fiend is foiled—the temptation of the world overcome. "*It is written, Thou shalt worship the Lord thy God, and Him only shalt thou serve.*"

O LORD JESUS, glorious Conqueror of sin and death, Thou Who wast tempted, help me thus to conquer the world, the flesh, and the devil. So shall I possess holier joys; and as angels ministered to Thee, so, according to Thy gracious word, shall they guard me in all my ways, until I come to the everlasting Easter.

V. PALM SUNDAY.

"*And when He was come near, He beheld the city, and wept over it.*"

1. OUR LORD and His disciples are descending the slope of the Mount of Olives; the valley traversed by the brook Cedron lies beneath; and Jerusalem in all its beauty, with the Temple in the foreground, crowns the opposite hill. The multitude throng before them, bearing branches of palm and olive, rending the air with the cry, "Blessed is He that cometh in the Name of the LORD: Hosanna in the Highest."

2. "*He beheld the city, and wept over it.*" Why does He weep amidst the applause of the multitude? He sees Jerusalem, and sees it as a figure of the whole world. He sees all sins, even thine, my soul. He sees the fruit of His Passion wasted upon the inhabitants of Jerusalem

—a type, alas! of multitudes, because they will not be saved. He could, as GOD, save absolutely, but He wills that we should co-operate with His grace. We shall perish if we use it not. Without thine own *Will*, the grace of GOD will not remain with thee.

3. "*If thou hadst known, even thou, at least in this thy day.*" He indicates the cause of His weeping, the blindness of those who know not in Him the promised Messiah, from which root of ignorance spring envy, hatred, and every evil. Thus the devil labours that he may cast blindness upon our hearts, so that we may not know the goodness and long-suffering of GOD, which continually leads us to repentance, or the evil of sin, which destroys the soul. Labour, therefore, while it is yet *thy* day, O my soul; for the night cometh, wherein no man can work.

4. "*For the days shall come upon thee when thine enemies shall cast a trench about thee.*" He predicts the future destruction of the guilty city by the Romans, on account of their sins against Him. Sin is the source of suffering, and the cause of the wrath of an angry GOD. In these words, O my soul, see a figure of the misery of a death-bed which closes a wasted life. The enemy, even the evil one, will cast a trench around, closing up each avenue which may lead to repentance, blinding the darkened sight, and stupefying the spiritual senses, cutting off all supplies of grace, until the city, even the soul of man, falls beneath their repeated assaults, and that because it knew not the time of its visitation. So teach us to number our days, that we may incline our hearts unto wisdom.

VI. GOOD FRIDAY.

"*But one of the soldiers with a spear pierced His side, and forthwith came thereout blood and water.*"

1. CONSIDER, my soul, the Body of Thy crucified Redeemer hanging upon the Cross; pain and grief have done their worst; His sacred heart has broken

beneath the weight of thy sins: the soldiers approach, one of them pierces that Side, and lo, Blood and Water flow from that sacred fountain.

2. When Adam lay in sleep, Eve was formed from his side; when the Redeemer slept the sleep of death, the Church, His Bride, derived from His sacred Side the principle of her life. For that water prefigured the water of Baptism whereby we are new-born in Him; that Blood the Chalice which is His Blood of the New Testament, shed for many for the Remission of Sins.

3. O my soul, consider the *price* of thy salvation; thou hast been born anew through that water, thou hast been nourished by that Blood; consider the cost, mark well the price.

4. Look at that wounded, mangled Body, the fount of thy salvation; look at that Forehead, pierced by the thorns; look at that Back, livid with stripes; look at those pierced Feet, those pierced Hands; see from the crown of the Head to the sole of the Feet there is no whole part. Every nerve has thrilled with agony for thee,—for thee who hast crucified Him by thy sins.

O soul of mine, where wilt thou learn sorrow for sin? where wilt thou hide thyself?

At the foot of His Cross; beneath His wounded Side.

VII. Easter-Day.

"*Now when Jesus was risen early on the first day of the week, He appeared first to Mary Magdalene.*"

CONSIDER, my soul, to whom our Lord first appeared. Why was this happy woman selected? Let us consider three scenes in her life.

1. Our Lord has just spoken the touching words, "Come unto Me, all ye who are weary and heavy-laden, and I will give you rest." He enters the house of Simon to dine. The Pharisees watch Him, and treat Him with disrespect; but one poor woman, a great sinner, approaches, and washes His feet with her tears, and wipes

Them with the hair of her head. While the self-righteous Pharisees deride, our LORD says the gracious words, "Her sins, which are many, are forgiven; for she loved much."

2. It is noonday, and yet it is dark; through the gloom we indistinctly trace the Cross, whereon the Prince of our salvation hangs, while the quaking earth and the rending tomb proclaim the death of the SON of GOD. Who is privileged to stand beneath, and give Him the tribute of human sympathy now? There are three; and one is Mary Magdalene, the forgiven sinner.

3. It is Easter morning, and the three Marys come early to the tomb; the angel is yet earlier with his news of comfort. Two return to the city, but one remains with love that cannot suffer her to depart; and so she gains a joy past joy,—the first to hear His most gracious voice: "Mary."

My soul, if at the great Easter-day thou wouldst meet thy Lord with joy, thou must repent with Mary, seeing the blackness of thy sins by the light of infinite Love; thou must abide with her beneath the Cross, and then thou shalt at last hear with her His most sweet Voice: "Come, ye blessed."

Even so, O LORD JESUS.

VIII. ASCENSION-DAY.

"*While they beheld, He was taken up; and a cloud received Him out of their sight.*"

CONSIDER, my soul, the Apostles with the Virgin Mother, attending the steps of their LORD and Master to Mount Olivet. There is something in His manner, perhaps, which tells them it is the last time they shall thus accompany Him. They arrive at the summit, and He speaks His last Words. Inhospitable as this world has been, they are yet Words of blessing; and while He yet blesses them, they see that His Feet have

left the earth; He ascends far above them; they gaze with awe-struck eyes, until that Holy Form becomes a mere speck in the dim distance, and a cloud at last veils Him from their earthly sight.

Where is He gone?

1. To prepare a place for us, that where He is, there may we be also. Remember His words: "In My FATHER's House are many mansions: I go to prepare a place for you."

O blessed JESUS, grant that I may at last be with Thee there.

2. To send down the promised Comforter, as He said: "It is expedient for you that I go away; for if I go not away, the Comforter will not come unto you."

Remember, O my soul, all that this Comforter has done for thee. He sanctified thee at Baptism, He strengthened thee in Confirmation; and every victory thou hast won, and every holy thought, are from Him.

3. To intercede for us, He hath entered into the Holy of Holies by His own Blood, where He ever liveth to make intercession for us: there He exhibits His wounded Hands and Feet, His Sacred Side, pierced for us.

O amazing love! grant, O LORD JESUS, that I may never grieve Thee more; that my faith may pierce the veil which hides Thee from my gaze; and that where my treasure is, there may my heart be also. Amen.

IX. FOR WHITSUNDAY.

The Holy Ghost the Comforter.

CONSIDER, my soul, Whose temple thy body hath by baptism become, Who dwelleth in thee now.

When the Holy Spirit descended upon the Apostles, it was in the form of cloven tongues as of fire.

What if such a tongue of fire rested visibly over thee, if it burned brightly when thou yieldest to the heavenly

influence, palely when thou faintest in the strife? Oh, how wouldst thou struggle that it might not be quenched,—that it might proclaim thee the true servant of GOD, the temple of His grace!

And yet thou art not less truly *His*—His in life, that thou mayest be *His* in death.

Go forth into the world in His strength, not thine own. The HOLY GHOST descended upon JESUS in His Baptism, and He was led in the desert to do battle with Satan, and to conquer.

So it must be with thee. Thou hast received grace to fight, not to fly; to conquer, not to yield. It is good for the servant that he be as his master.

X. ALL-SAINTS' DAY.

"After this I beheld, and, lo, a great multitude, which no man could number," etc.

CONSIDER, my soul, this glorious band. Who are these clothed in white robes, bearing palms in their hands? Whence come they?

1. They are they who have washed their robes, and made them white in the Blood of the Lamb, through which alone thy sins can be washed away. There is the once sinful Magdalene, there the penitent thief; there mayst thou, though vile and unclean, be, if thou but lavest thyself in that fountain for sin and uncleanness—the precious Blood. Like thee, they did groan, being burdened with a body of sin and death; like thee, they had the means of grace, which are the inheritance of the children of GOD here below, and through their use they were brought to heavenly glory; like thee, they were weak and infirm, compassed about with temptations, but the grace of GOD, which was bestowed upon them, was not in vain. Use the grace bestowed upon thee, my soul; their GOD is yet thy GOD.

2. "*These are they who have come out of great tribula-*

tion." Suffering is the path to glory. If we suffer with Him, like those of whom the world was not worthy, we shall also reign with Him, when GOD shall wipe away all tears from the eyes of His people, and the light affliction, which is but for a moment, shall have worked a far more exceeding and eternal weight of glory. Wherefore, my soul, bear with courage the burden laid upon thee, breast manfully the waves of this life's tempestuous sea; and when the eternal shore is gained, who will count the billows passed?

3. "*And God shall wipe away all tears from their eyes.*"

Consider, lastly, my soul, those once dear to thee who have accomplished their earthly warfare, and who, purified through suffering, have entered upon their eternal rest. They are amongst this happy multitude; once they suffered like thee, but they bore their sufferings for His sake; once they sinned like thee, but they repented, and their robes were washed in Blood; they were ever tempted and tried while life lasted; and now it is over, and the eternal rest gained. "*Seeing, then, that we are compassed about with so great a cloud of witnesses, let us lay aside every weight and the sin that doth so easily beset us, and run with patience the race that is set before us, looking unto Jesus, the Author and Finisher of our faith.*"

In using the foregoing Meditations, remember to begin and conclude according to the directions given on page 165 *and page* 166.

Prayers for Use during Sickness.

In the midst of life we are in death, and every time God sends us sickness or bodily pain, it should remind us that our frail bodies must sooner or later yield to their assaults, and should lead us to consider whether we are living in peace with Him, and sustaining that Divine Life, implanted in us at our Baptism, which death cannot touch.

Therefore let the solitude of your sick chamber be first employed in making your self-examination, and, if there be need, in seeking the spiritual assistance of those to whom God has committed the care of your soul, an assistance which, in the case of dangerous sickness, you should never fail to seek. And remember that any sickness may become dangerous; a cold may be the precursor of a fever: therefore do not, on any account, defer the duties of examination and repentance because there seems no immediate danger; for should your sickness increase, it may render you utterly unfit to perform these duties, or if it does not, may yet prevent your discharging them with sufficient care and devotion.

Above all things, you must strive to submit yourself to God's will. What son is he whom the father chasteneth not? Our blessed Lord, the Captain of our salvation, was made perfect through sufferings, and passed, like all His Saints, through pain to glory. He but calls us to tread the same rough road He has trodden before us; and if we bear our cross manfully after Him, we shall overcome, even as He overcame.

However great our sufferings may be, they cannot be compared with those He bore, although at any moment He

might have put them from Him; and our sins were the cause of those sufferings, as also the cause of the pain we ourselves have to endure in disease and death. But how far are our sufferings beneath our deserts! how infinite the love which led Him to endure the agony and shame of the Cross for us!

Therefore your chief care, when sick, must be repentance. S. Augustine used to say that no Christian, however innocent his life might have seemed, could ever die in any other state than that of a penitent.

Again: sickness is often sent as a punishment for sin; and therefore a sincere repentance and confession of sin is often the most effectual means of recovery.

Still it will be safer to engage your best friends to give you notice if your illness be dangerous, and not to flatter you with hope of life if there be little ground for hope.

The following directions and prayers may enable you to discharge the duties of the sick-bed without difficulty.

Resign yourself to God's Will.

O MOST blessed Lord Jesus, Who wast our example in resignation to Thy Father's will, and patience in suffering, behold, I desire to receive this sickness as a merciful chastisement from Thy loving hand, and as being far less than my sins have deserved. It is Thy will it should be thus with me, and I submit. Thy will be done in earth as it is in heaven. I am Thy creature, and the work of Thy hands, and it is in Thy mercy Thou dost send us pain and suffering here. O most merciful Lord, take away from me all murmuring, and resistance to Thy will; strengthen me to endure, that, bearing my cross after Thee here, I may pass through the trials and sufferings of this world to that eternal rest Thy sufferings have purchased for me: Who livest and reignest with the Father and the Holy Ghost, one God, world without end. Amen.

Implore God's Mercy

BUT, O LORD, rebuke me not in Thine indignation, neither chasten me in Thy displeasure. Have mercy upon me, for I am weak. Thou knowest how frail I am, that I am but dust and ashes in Thy sight; deal not with me, therefore, after my sins, neither reward me after my misdeeds, for in Thy sight shall no man living be justified. O most loving SAVIOUR, receive me into Thine arms in the hour of my distress, hide me in Thy wounds, bathe my soul in Thy most precious Blood. Amen.

A Prayer for Recovery.

O ALMIGHTY FATHER, in Whose hands are the issues of life and death, Who didst hear the prayer of Hezekiah, and add fifteen years to his life, if it be Thy will, raise me up from this bed of sickness, prosper the means used for my recovery, and grant that I may spend all the years it shall please Thee to grant me here in holy obedience to Thy will: through JESUS CHRIST our LORD. Amen.

Before taking Medicine.

GRANT Thy blessing, O LORD, upon the means I am about to use for the recovery of my health, and restore me if it be Thy good pleasure: through JESUS CHRIST our LORD. Amen.

So soon as you are able, begin your self-examination; the form already provided in this book will answer your purpose (*page* 76).

Be sure, if you cannot quiet your own conscience, through the pressure of deadly sin, to seek the assistance of God's minister, to whom He has committed the care of your soul, and to open to him your grief, that you may receive ghostly counsel and advice, together with the benefit of absolution, through the precious Blood.

It will be well during your sickness to use the Litany of the Passion (page 146), and to get your friends to read to you the chapters of the Gospels which tell of the sufferings of your Lord, that you may bear yours the more patiently for His sake.

If your sickness should become dangerous, remember that there can be no greater succour in the Valley of the Shadow of Death than the Sacrament of the Body and Blood of Christ, which you should earnestly seek of those to whom God has committed the care of your soul; they will assist you in your preparation, which need not be long or burdensome. The protestation concerning death (page 192) will also test your preparation for receiving Jesus on earth, or being with Him in Heaven.

Short Acts of Devotion for the Time of Sickness.

1. Lord, I accept this sickness from Thy hands, praying for strength to resign myself to Thy blessed will. Not my will, but Thine be done.

2. O Lord, rebuke me not in Thine indignation, neither chasten me in Thy displeasure.

3. O Thou who wast made perfect through sufferings, grant me strength to endure all that Thou mayest see fit to send me, so that, enduring to the end, I may be saved.

4. I give Thee thanks and praise for all that Thou, O Lord, hast borne for me. Oh, grant me patience to follow in the path Thou hast trodden before me.

5. O most sweet Jesus, Thou didst suffer, being innocent; shall I not suffer, being guilty?

6. Thou Who hast said, "As many as I love, I rebuke and chasten," grant that in this chastisement I may be supported by Thy love.

7. Grant that my light affliction, which is but for a moment, may work for me an exceeding weight of glory.

8. O Lord Jesus, fill me with Thy love, that I may enter upon those joys which eye hath not seen, ear hath

not heard, but which Thou hast prepared for them that love Thee.

9. O sweet JESUS, receive me into Thine arms in my distress; bathe my soul in Thy Blood; create in me a clean heart, and renew a right spirit within me.

10. O LORD, for Thy sake I forgive all who have ever offended me, as I hope to be forgiven by Thee.

11. GOD be merciful to me a sinner.

12. Have mercy upon me, O GOD, after Thy great goodness; according to the multitude of Thy mercies, do away mine offences.

13. O that I had never offended so good a GOD; would that I had always preserved my Baptismal innocence! I renounce the world, the flesh, and the devil; I desire to renew my Baptismal covenant, and to remain Thy soldier and servant until my life's end.

14. I commend my soul to GOD the FATHER, Who created me; to GOD the SON, Who redeemed me; to GOD the HOLY GHOST, Who sanctifieth me. Into Thy hands I commend my spirit, for Thou hast redeemed me, O LORD, Thou GOD of Truth.

IN SUFFERING.

O LORD JESUS, accept my sufferings, which I desire to unite with Thine; sanctify these afflictions to my soul, so that the pain of body I suffer may bring me nearer Thee. O fill me with such love towards Thee, that for Thy sake I may rejoice to be conformed to Thine image in suffering, and to be made like unto Thee; come to my help, and fill me with that love which casteth out fear. Oh! how light are my sufferings compared with Thine, and Thou didst of Thine own love bear all for me, a most miserable sinner. O LORD, help me; let me never be separated from Thee; give me strength to bear all for Thee. Amen.

Anima Christi.

Soul of CHRIST, sanctify me;
Body of CHRIST, save me;
Blood of CHRIST, refresh me;
Water from the side of CHRIST, wash me;
Passion of CHRIST, strengthen me.
O good JESU, hear me,
Within Thy wounds hide me,
Suffer me not to be separated from Thee.
From the malicious enemy defend me,
In the hour of my death call me,
And bid me come unto Thee,
That with Thy saints I may praise Thee
To all eternity. Amen.

OUR FATHER, etc.

O SAVIOUR of the world, Who by Thy Cross and precious Blood hast redeemed me, save me and help me, I humbly beseech Thee, O LORD.

LITANY FOR USE IN SICKNESS.

O GOD the FATHER of Heaven, have mercy upon me a miserable sinner.

O GOD the SON, Redeemer of the world, have mercy upon me a miserable sinner.

O GOD the HOLY GHOST, proceeding from the FATHER and the SON, have mercy upon me a miserable sinner.

O Holy, Blessed, and Glorious Trinity, three Persons and one GOD, have mercy upon me a miserable sinner.

O Thou Who didst take upon Thee our Flesh, and didst become subject to suffering and sorrow,

Have mercy upon me.

Thou Who didst raise the daughter of Jairus from the bed of death, the widow's son from the bier, Lazarus from the tomb,

Have mercy upon me.

Thou Who didst bear our infirmities and heal our sicknesses,

Have mercy upon me.

Thou Who didst become obedient to death, even the death of the Cross,

Have mercy upon me.

Thou Who didst first breathe into man the breath of life, and hast appointed the hour of my death,

Have mercy upon me.

I, Thine unworthy servant, beseech Thee, hear me.

That, dying unto sin here, I may live unto Thee in heaven,

Good JESU, hear me.

That, abiding Thy faithful soldier and servant here, I may receive the crown hereafter,

Good JESU, hear me.

That I may cheerfully submit to all the suffering of sickness and death, as the just penalty of my sin,

Good JESU, hear me.

That Thou wilt be with me in the dark valley of the shadow of death,

Good JESU, hear me.

That Thou wouldst not suffer me in my last hour for any pains of death to fall from Thee,

Good JESU, hear me.

That Thou wouldst forgive me all my sins, and strengthen my fainting soul with the Bread of life,

Good JESU, hear me.

That Thou wouldst enable me to close my eyes in Thy faith and fear, in the sure and certain hope of the resurrection to eternal life,

Good JESU, hear me.

Deliver me, O LORD, in my last hour, as Thou didst deliver Enoch and Elijah from the common doom.

So save and deliver me.

As Thou didst deliver Noah from the flood,
So save and deliver me.
As Thou didst deliver Job from his sufferings,
So save and deliver me.
As Thou didst deliver Isaac from the uplifted knife,
So save and deliver me.
As Thou didst deliver Lot from Sodom,
So save and deliver me.
As Thou didst deliver the children of Israel from Pharaoh,
So save and deliver me.
As Thou didst deliver Daniel from the den of lions,
So save and deliver me.
As Thou didst deliver the three children from the burning fiery furnace,
So save and deliver me.
As Thou hast ever delivered the souls of them who trust in Thee,
So save and deliver me.
Deliver me, O God, on that tremendous day when the heavens and the earth shall be moved, when Thou shalt come to judge the world by fire.
So save and deliver me.
When the judgment shall be set, and the book be opened; when the dead, small and great, stand before Thee.

O Lamb of God, that takest away the sins of the world,
Have mercy upon me.
O Lamb of God, that takest away the sins of the world,
Have mercy upon me.
O Lamb of God, that takest away the sins of the world,
Grant me Thy peace.

OUR FATHER, etc.

LORD, hear my prayer, and let my cry come unto Thee.

Hear me, O LORD, and remember now the hour when Thou didst commend Thy Blessed Spirit into the hands of Thy Heavenly FATHER, when, with a torn body and broken heart, Thou didst show forth Thy mercy and unspeakable loving-kindness towards us miserable sinners. I beseech Thee, O Thou Brightness of the FATHER'S glory, so to assist me by that Thy precious Death, that, dying unto this world, I may live unto Thee, and that at the last hour of my life Thou mayest receive me into the arms of Thy mercy, Who livest and reignest with the FATHER and the HOLY GHOST, one GOD, for ever and ever. Amen.

A COMMENDATORY PRAYER FOR A SOUL AT ITS DEPARTURE.

O ALMIGHTY GOD, with Whom do live the spirits of just men made perfect, after they are delivered from their earthly prisons, we humbly commend the soul of this Thy servant, our dear *Brother*, into Thy hands, as into the hands of a faithful Creator, and most merciful SAVIOUR; most humbly beseeching Thee, that it may be precious in Thy sight. Wash it, we pray Thee, in the Blood of that immaculate Lamb that was slain to take away the sins of the world, that whatsoever defilements it may have contracted in the midst of this miserable and naughty world, through the lusts of the flesh, or the wiles of Satan, being purged and done away, it may be presented pure and without spot before Thee. And teach us who survive, in this and other like daily spectacles of mortality, to see how frail and uncertain our own condition is, and so to number our days, that we may seriously apply our hearts to that holy and heavenly wisdom, whilst we live here, which may in the end bring us to life everlasting, through the merits of JESUS CHRIST, Thine only SON, our LORD. Amen.

PREPARATION FOR DEATH.

Although it may please God to grant you length of days, yet death may be very near indeed. It is well, not only in sickness, but even in health, to meditate upon your latter end, that, should it come suddenly, it may not find you unprepared. The following protestation concerning death may assist you, but you must examine yourself deeply as to whether it is the language of your heart.

O GOD, in Whose hands are the issues of life and death, Who upholdest all things by the word of Thy power, I desire to accept of death with meek submission, as the debt due to Thy Divine Majesty on account of my sins.

I believe in Thee, O Blessed Trinity, three Persons yet one GOD, and in all the truths which Thou hast revealed through Thy Word to Thy Church.

I BELIEVE in GOD the FATHER ALMIGHTY, Maker of heaven and earth:

And in JESUS CHRIST His only SON our LORD, Who was conceived by the HOLY GHOST, Born of the Virgin Mary, Suffered under Pontius Pilate, Was crucified, dead, and buried, He descended into hell; The third day He rose again from the dead, He ascended into heaven, And sitteth at the right hand of GOD the FATHER ALMIGHTY; From thence He shall come to judge the quick and the dead.

I believe in the HOLY GHOST; The holy Catholic Church; The Communion of Saints; The forgiveness of Sins; The Resurrection of the Body; And the Life Everlasting. Amen.

I BELIEVE, O GOD, that Thou didst send Thy SON to die for me, a miserable sinner; that Thou didst make me, in my Baptism, a member of CHRIST, a child of GOD, and an inheritor of the kingdom of heaven; that Thou dost hear my prayers, and sanctify me by Thy Holy Spirit; that through Thee alone I can save my soul.

FOR MOURNERS.

Should you have to grieve over the loss of one dear to you, remember that our dear Lord grieved over Lazarus, and suffered His Blessed Mother to grieve for Him. He knows all our sorrows, and counts all our tears, and He will pity you, and unite those who love Him in that Blessed Land where there are no tears, neither sorrow, nor crying; where dear families, once scattered, are gathered again; where the sobs of the mourner are hushed in perfect peace.

Pray that those you love, and you, may meet there, where there shall be no parting.

O JESUS, SON of Mary, Who hast worn our throbbing flesh, and shed the frequent tear for us, Who knowest every sigh of the mourner, and countest every tear; Thou only Good; Thou only Wise; Who dost chasten those whom Thou lovest,—grant me perfect submission to Thy will, knowing that, as a father pitieth his children, so art Thou merciful to those who fear Thee. Thou Who didst weep over Lazarus's grave, grant that while I thus weep, I may yet look by Faith to that bright land where Thou art the uncreated Sun; and may so live here through Thy grace, that I may meet *him* who is but gone before in that happy Home, where Thou livest and reignest with the FATHER and the HOLY GHOST, GOD, world without end. Amen.

Cease, ye tearful mourners,
  Thus your hearts to rend;
Death is life's beginning
  Rather than its end.

What though to corruption
  We this body give?
Soon shall all its senses
  Re-awake and live.

Soon shall life revisit
  These poor bones again,
And the blood be flowing
  Through each tingling vein,

And from its corruption
  This same body soar,
With the self-same spirit
  That was here of yore.

Here Eternal Wisdom
  Lately made its home,
And again shall claim it
  In the days to come.

Then shall hope in glory
  Its fruition see;
Then shall life be lost
  In immortality.

O Eternal Justice,
  Make no more delay;
O divinest Period,
  Speed thou on thy way. Amen.

I. Prayer on entering Church.

OPEN my mouth, O Lord, to praise Thy Holy Name. Keep me from all vain and wandering thoughts, that I may attend this holy service with reverence and devotion, and be heard before the presence of Thy Divine Majesty: through Jesus Christ our Lord. Amen.

II. Prayer after Service.

GRANT, O Lord, that what I have said with my lips, I may believe in my heart; and what I believe in my heart, I may show forth in my life: through Jesus Christ our Lord. Amen.

III. Grace before Meat.

V. The eyes of all wait upon Thee, O Lord.
R. And Thou givest them meat in due season.

BLESS us, O Lord, and these Thy gifts, which of Thy mercy we receive: through Jesus Christ our Lord. Amen.

IV. Grace after Meat.

V. Let us bless the Lord.
R. Thanks be to God.

FOR these, and all His other mercies, God's holy Name be praised: through Jesus Christ our Lord. Amen.

For those about to be Confirmed.

ALMIGHTY and eternal God, Who by the laying on of the hands of the Apostles didst fill Thy servants with the graces of Thy Holy Spirit, look mercifully, we beseech Thee, upon all in this school who are to be confirmed; open their eyes that they may see clearly; soften their hearts that they may feel eeply Thy goodness and Thy love. Help them, O Lord, so to prepare themselves that they may be fit temples of the indwelling of the Holy Ghost.

Increase, O Lord, their faith and diligence that they may gladly receive and firmly hold all that faith which Thou hast charged Thy Church to deliver unto them; guard them in the great fight, preserve them in a right faith and good practice, so that, finally, with the rest of Thy Holy Church, they may come to Thine everlasting kingdom: through Jesus Christ our Lord. Amen.

(Inserted by request, too late for insertion in its proper place.)

APPENDIX.

The following forms of Preparation and Thanksgiving are inserted by request in the hope that they may serve for public use in Schools and Colleges.

Preparation for Holy Communion

All standing up, let the Reader say the Antiphon.

REMEMBER not, LORD, our offences, nor the offences of our forefathers, neither take Thou vengeance of our sins.

PSALM LXXXIV. *Quam dilecta!*

O HOW amiable are Thy dwellings: Thou LORD of hosts.

My soul hath a desire and longing to enter into the courts of the LORD: my heart and my flesh rejoice in the living GOD.

Yea, the sparrow hath found her an house, and the swallow a nest where she may lay her young: even Thy altars, O LORD of hosts, my King and my GOD.

Blessed are they that dwell in Thy house: they will be always praising Thee.

Blessed is the man whose strength is in Thee: in whose heart are Thy ways.

Who going through the vale of misery use it for a well: and the pools are filled with water.

They will go from strength to strength: and unto the GOD of gods appeareth every one of them in Sion.

O LORD GOD of hosts, hear my prayer: hearken, O GOD of Jacob.

Behold, O GOD our Defender: and look upon the face of Thine Anointed.

For one day in Thy courts: is better than a thousand.

I had rather be a door-keeper in the house of my GOD: than to dwell in the tents of ungodliness.

For the LORD GOD is a Light and Defence: the LORD will give grace and worship, and no good thing shall He withhold from them that live a godly life.

O LORD GOD of hosts: blessed is the man that putteth his trust in Thee.

Glory be to the FATHER, etc.

PSALM CXXX. *De profundis.*

OUT of the deep have I called upon Thee, O LORD: LORD, hear my voice.

O let Thine ears consider well: the voice of my complaint.

If Thou, LORD, wilt be extreme to mark what is done amiss: O LORD, who may abide it?

For there is mercy with Thee: therefore shalt Thou be feared.

I look for the LORD; my soul doth wait for Him: in His word is my trust.

My soul fleeth unto the LORD: before the morning watch, I say, before the morning watch.

O Israel, trust in the LORD, for with the LORD there is mercy: and with Him is plenteous redemption.

And He shall redeem Israel: from all his sins.

Glory be to the FATHER, etc.

Repeat the Antiphon all together.

REMEMBER not, LORD, our offences, nor the offences of our forefathers, neither take Thou vengeance of our sins.

Then shall be said all kneeling,

LORD, have mercy upon us.
CHRIST, have mercy upon us.
LORD, have mercy upon us.

OUR FATHER, etc.

V. I said, LORD, have mercy upon me.
R. Heal my soul, for I have sinned against Thee.
V. Turn Thee again, O LORD, at the last.
R. And be gracious unto Thy servants.
V. Let Thy mercy, O LORD, be showed upon us.
R. As we do put our trust in Thee.
V. Let Thy Priests be clothed with righteousness.
R. And Thy Saints sing with joyfulness.
V. Cleanse Thou me from my secret faults.
R. And keep Thy servant from presumptuous sins.
V. O LORD, hear my prayer.
R. And let my cry come unto Thee.

Let us pray.

LET Thy merciful ears, O LORD, be open unto our prayers, and enlighten Thou our hearts with the grace of Thy Holy Spirit, that we may worthily approach Thy Holy Mysteries, and love Thee with an everlasting love, through JESUS CHRIST our LORD. Amen.

ALMIGHTY GOD, unto Whom all hearts be open, all desires known, and from Whom no secrets are hid; Cleanse the thoughts of our hearts by the inspiration of Thy Holy Spirit, that we may perfectly love Thee, and worthily magnify Thy Holy Name; through CHRIST our LORD. Amen.

MAY the fire of the Holy Spirit, O LORD, cleanse our hearts and reins, that we may serve Thee with a chaste body and pure heart; through JESUS CHRIST our LORD. Amen.

LET the Comforter, Which proceedeth from Thee, O LORD, enlighten our minds, we beseech Thee, and lead us, as Thy SON hath promised, into all truth; through the same Thy SON, JESUS CHRIST. Amen.

WE beseech Thee, O LORD, let the virtue of Thy Holy Spirit be present with us through Thy mercy, to cleanse our hearts, and protect us against all adversities; through JESUS CHRIST our LORD. Amen.

GOD, Who didst teach the hearts of Thy faithful people, by the sending to them the light of Thy Holy Spirit; Grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in His holy comfort; through the merits of JESUS CHRIST our SAVIOUR, Who liveth and reigneth with Thee, in the unity of the same Spirit, one GOD, world without end. Amen.

O LORD, we beseech Thee, visit and cleanse our consciences, that Thy SON, our LORD JESUS CHRIST, may, when He cometh, find in us a dwelling-place prepared for Him, Who dwelleth and reigneth with Thee in the Unity of the HOLY GHOST, ever one GOD, world without end. Amen.

ALMIGHTY Everlasting GOD, lo! we draw near to the Sacrament of Thy Only-Begotten SON, our LORD JESUS CHRIST; we approach sick to the Physician of life, unclean to the Fountain of mercy, blind to the Light of eternal brightness, poor and needy to the LORD of all things: we pray Thee, therefore, of the abundance of Thy lovingkindness, that Thou wouldest vouchsafe to heal our sickness, to wash our defilements, to enlighten our blindness, to enrich our poverty, to clothe our nakedness, that we may receive the Bread of angels, the King of kings, the LORD of lords, with such reverence and humility, such contrition and devotion, such purity and faith, such purpose and intention, as is expedient for the health of our souls. O most gracious GOD, grant us so to receive the Body of Thy Only-Begotten SON, our LORD JESUS CHRIST, which He took of the Virgin Mary, that having been incorporated with His mystical Body, we may ever remain among His members. O most loving FATHER, grant unto us

that as we desire here to receive Him veiled from sight, so we may hereafter behold Him face to face, where with Thee, O FATHER, and Thee, O HOLY GHOST, He liveth and reigneth ever one GOD, world without end. Amen.

JOY with peace, amendment of life, the grace and consolation of Thy Holy Spirit, perseverance in good works, a contrite and humble heart, and a happy consummation of our lives, grant us, O almighty and merciful LORD. Amen.

THE grace of our LORD JESUS CHRIST, and the love of GOD, and the fellowship of the HOLY GHOST, be with us all evermore. Amen.

Thanksgiving after Holy Communion.

To be said with only one Gloria Patri, at the end.

ANTIPHON.—Let us sing the song of the three children.

O ye priests of the LORD, bless ye the LORD : praise Him, and magnify Him for ever.

O ye servants of the LORD, bless ye the LORD : praise Him, and magnify Him for ever.

O ye spirits and souls of the righteous, bless ye the LORD : praise Him, and magnify Him for ever.

O ye holy and humble men of heart, bless ye the LORD : praise Him, and magnify Him for ever.

O Ananias, Azarias, and Misael, bless ye the LORD : praise Him, and magnify Him for ever.

PSALM CL. *Laudate Dominum.*

O PRAISE GOD in His Holiness : praise Him in the firmament of His power.

Praise Him in His noble acts : praise Him according to His excellent greatness.

Praise Him in the sound of the trumpet: praise Him upon the lute and harp.

Praise Him in the cymbals and dances: praise Him upon the strings and pipe.

Praise Him upon the well-tuned cymbals: praise Him upon the loud cymbals.

Let every thing that hath breath: praise the LORD.

Nunc Dimittis.

LORD, now lettest Thou Thy servant depart in peace: according to Thy word.

For mine eyes have seen: Thy salvation,

Which Thou hast prepared: before the face of all people;

To be a light to lighten the Gentiles: and to be the glory of Thy people Israel.

Glory be to the FATHER, and to the SON: and to the HOLY GHOST;

As it was in the beginning, is now, and ever shall be: world without end. Amen.

Repeat the Antiphon all together.

LET us sing the song of the three children which they sang as they blessed the LORD in the furnace of fire.

Then shall be said all kneeling,

Let us pray.

LORD, have mercy upon us.
CHRIST, have mercy upon us.
LORD, have mercy upon us.

OUR FATHER, etc.

V. Let all Thy works praise Thee, O LORD.
R. And Thy saints give thanks unto Thee.
V. Thy saints shall exult in glory.
R. They shall rejoice in their beds.

V. Not unto us, O LORD : not unto us.
R. But to Thy Name give the praise.
V. LORD, hear our prayer.
R. And let our cry come unto Thee.

O GOD, Who didst to the three children soothe the flames of fire, mercifully grant that the flames of in may not kindle upon us, Thy servants. Amen.

PREVENT us, O LORD, in all our doings, with Thy most gracious favour, and further us with Thy continual help, that in all our works, begun, continued, and ended in Thee, we may glorify Thy Holy Name ; and finally, by Thy mercy, obtain everlasting life : through JESUS CHRIST our LORD. Amen.

WE render Thee thanks, O LORD, Holy FATHER, Almighty Everlasting GOD, Who hast vouchsafed not for any desert of ours, but only out of the condescension of Thy mercy, to feed us sinners, Thy unworthy servants, with the precious Body and Blood of Thy SON our LORD JESUS CHRIST ; and we pray that this holy Communion may not bring guilt upon us to condemnation, but may intercede for us to our pardon and salvation ; let It be to us an armour of faith and a shield of good purpose ; a riddance of all sins ; an extermination of evil desires and longings ; an increase of love and patience, of humility and obedience, and all virtues ; a firm defence against the wiles of our enemies, visible and invisible ; a perfect quieting of all our impulses, fleshly and spiritual ; a firm adherence to Thee, the one true GOD, and a blessed consummation of our end ; and we pray Thee, that Thou wouldest vouchsafe to bring us sinners to that ineffable Feast where Thou, with Thy SON and the Holy Spirit, art to Thy servants light and satisfaction and endless joy, their highest pleasure and perfect bliss ; through the same our LORD JESUS CHRIST. Amen.

WE beseech Thee, O LORD JESUS CHRIST, that Thy Passion may be unto us virtue, whereby we may be fenced, protected, and defended. Let the sprinkling of Thy Blood be to us the washing away of all our sins. Let Thy Death be to us everlasting glory, both now and for ever. Amen.

THE Grace of our LORD JESUS CHRIST, and the Love of GOD, and the fellowship of the HOLY GHOST, be with us all evermore. Amen.